

long beach

RECREATION

CONNECTION

September–November 2018 • Class Registration Begins August 6

FALL YOUTH PROGRAMS



LONG BEACH PARKS, RECREATION AND MARINE

FALL 2018



CITY OF
**LONG
BEACH**

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Department of Parks, Recreation & Marine**

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About the cover: This fall Long Beach parks are the place for kids to enjoy fun, safe activities after school. Games, arts and crafts, sports, cooking, homework help, movies, holiday celebrations and more will be offered at 18 parks Monday – Friday. Hours vary. See page 11 for more information.

The information in this publication is available in an alternative format by request 48 hours prior to the event to Jane Grobaty at (562) 570-3232. The City of Long Beach intends to provide reasonable accommodations in accordance with the Americans with Disabilities Act of 1990.

All Programs and Prices Are Subject To Change

**Long Beach Parks
are Smoke Free**



To view this publication in Spanish, Khmer or Tagalog, visit www.lbparks.org.
Para ver esta publicación en Español, Khmer o Tagalo, visite www.lbparks.org.
“ដើម្បីមើលសៀវភៅនេះ ក្នុងភាសាស្បែកខ្មែរ ឬភាសាប្រើប្រាស់ផ្សេងៗទៀត សូមទៅកាន់ www.lbparks.org”
“Upang makita ang publication na ito sa Spanish, Khmer o Tagalog, bisitahin ang www.lbparks.org.”

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Long Beach Parks, Recreation and Marine

FALL 2018 CALENDAR

August

- Aug. 2:** Low Cost Pet Vaccination and Microchipping Clinic at Scherer Park, 4 p.m.
- Aug. 6:** Fall Class Registration Begins
- Aug. 16:** Low Cost Pet Vaccination and Microchipping Clinic at Scherer Park, 4 p.m.
- Aug. 25:** 100 Days of Summer finale concert with Trinity, at 6 p.m.
- Aug. 26:** Concert on the Lawn: Acknowledgement Band at Rancho Los Cerritos, 5:30 p.m.

September

- Sept. 1:** *1st Saturday Stewards Cleanup at El Dorado Nature Center, 10 a.m.
- Sept. 1:** Eight-week Saturday Swim Lessons Begin: Belmont Plaza, King Park and Silverado Park Pool, times vary
- Sept. 4:** Four-week Tuesday/Thursday Swim Lessons Begin at King Park Pool, times vary
- Sept. 5:** Four-week Monday/Wednesday swim lessons begin at Silverado Pool, times vary
- Sept. 6:** Low Cost Pet Vaccination and Microchipping Clinic at Scherer Park, 4 p.m.
- Sept. 9:** Audubon Bird Walk at El Dorado Nature Center, 8 a.m.
- Sept. 11:** *Family Nightlife Walk at El Dorado Nature Center, 7 p.m.
- Sept. 12:** *School Docent Training at Rancho Los Cerritos, Call 562.206.2040 to register, 9:30 a.m.
- Sept. 12:** *El Dorado Nature Center Parent & Me (18 mo. – 5 yrs.) Workshop Party at the Pond, 10 a.m.
- Sept. 13:** Bird Walk at Rancho Los Cerritos, 8 a.m.
- Sept. 15:** California Coastal Cleanup Day, call 562.570.1745 for locations, 9 a.m.
- Sept. 15:** Turtle Show at El Dorado Nature Center, 10 a.m.
- Sept. 11:** *Family Nightlife Walk at El Dorado Nature Center, 7 p.m.
- Sept. 20:** Low Cost Pet Vaccination and Microchipping Clinic at Scherer Park, 4 p.m.
- Sept. 20:** Teen Volunteer Open House at Rancho Los Cerritos. Call 562.206.2040 to register, 4 p.m.
- Sept. 22:** *Culinary Workshop Preserving Your Fall Harvest at Rancho Los Alamitos, 9:30 a.m.
- Sept. 23:** *Dancing in Old California Live Music and Dancing at Rancho Los Cerritos, 4 p.m.
- Sept. 28:** Exhibit Opening "Tibahangna to Today: Stories of the Tongva People" at Rancho Los Cerritos, 5:30 p.m.
- Sept. 29:** House Docent Training – Rancho Los Cerritos, 9:30 a.m.

October

- Oct. 1:** Four Week Monday/Wednesday Swim lessons begin at Silverado Park Pool, times vary
- Oct. 4:** Low Cost Pet Vaccination and Microchipping Clinic at Scherer Park, 4 p.m.
- Oct. 5:** Four Week Monday/Wednesday Swim lessons begin at Silverado Park Pool, times vary
- Oct. 6:** *1st Saturday Stewards Cleanup at El Dorado Nature Center, 10 a.m.
- Oct. 6:** "Outrageous Orange" Free Youth Art Program at Rancho Los Cerritos, 1 p.m.

- Oct. 8:** Four-week Monday/ Wednesday Swim lessons begin at Belmont Plaza Pool, times vary
- Oct. 9:** *Family Nightlife Walk at El Dorado Nature Center, 7 p.m.
- Oct. 10:** *El Dorado Nature Center Parent & Me (18 mo. – 5 yrs.) Workshop Spooky Spectacular, 10 a.m.
- Oct. 13:** California Native Plant Sale at El Dorado Nature Center, 9 a.m.
- Oct. 14:** Audubon Bird Walk at El Dorado Nature Center, 8 a.m.
- Oct. 18:** Low Cost Pet Vaccination and Microchipping Clinic at Scherer Park, 4 p.m.
- Oct. 20:** Wetland Warrior Cleanup at Golden Shore Marine Biological Reserve, 10 a.m.
- Oct. 20:** *Stories from the Garden: The Plants of Columbia at Rancho Los Cerritos, 10 a.m.
- Oct. 21:** *Stardusk Dinner Dance Event at Rancho Los Cerritos, 5 p.m.
- Oct. 27:** *Howl-Oween Festival at El Dorado Nature Center, 2 p.m.
- Oct. 27:** *Ghostly Tea with crafts, games and fun at Rancho Los Cerritos, 11 a.m.
- Oct. 27:** Eight-week Saturday Swim lessons begin at Belmont Plaza Pool and Silverado Park Pool, times vary
- Oct. 29:** Four Week Monday-Wednesday Swim, lessons begin at Silverado Park Pool, times vary
- Oct. 30:** Four-week Tuesday-Thursday Swim lessons begin at King Park Pool, times vary

November

- Nov. 1:** Low Cost Pet Vaccination and Microchipping Clinic at Scherer Park, 4 p.m.
- Nov. 3:** *1st Saturday Stewards Cleanup at El Dorado Nature Center, 10 a.m.
- Nov. 3:** "Brilliant Brown" Free Youth Art Program at Rancho Los Cerritos, 1 p.m.
- Nov. 10:** Museum Shop Holiday Open House and Artist Event at Rancho Los Alamitos, 1 p.m.
- Nov. 11:** Audubon Bird Walk at El Dorado Nature Center, 8 a.m.
- Nov. 13:** *Family Nightlife Walk at El Dorado Nature Center, 7 p.m.
- Nov. 14:** *El Dorado Nature Center Parent & Me (18 mo. – 5 yrs) Workshop Amazing Autumn, 10 a.m.
- Nov. 15:** Low Cost Pet Vaccination and Microchipping Clinic at Scherer Park, 4 p.m.
- Nov. 17:** *Tellebration Storytelling event at El Dorado Nature Center 7:30 p.m.
- Nov. 17:** Wetland Warrior Cleanup at Golden Shore Marine Biological Reserve, 10 a.m.
- Nov. 17:** *Stories From the Garden – History and Folklore of Christmas Greens at Rancho Los Cerritos, 10 a.m.
- Nov. 17:** *Holiday Décor workshop at Rancho Los Alamitos, 9:30 a.m.
- Nov. 26:** Four-week Swim Monday-Wednesday Swim lessons begin at Silverado Park Pool, times vary
- Nov. 27:** Four-Week Tuesday-Thursday Swim lessons begin at King Park Pool, times vary

*Please visit www.LBParks.org. or contact location for fee and registration information.

PRESCHOOL CLASSES

Preschool classes give children as young as six months old to those about to start school opportunities to learn new skills in a fun, nurturing social setting. Register early for classes.

ART AND CULTURAL

EVERYBOO ARTS

An interactive art experience for toddlers and their favorite adult. Children will learn about shapes, lines and colors while exploring painting and a variety of art materials. Process oriented activities will encourage bonding, exploration and discovery. Includes time to make new friends, creative play, and group activity. Dress for fun! Guardian participation required. Cash material fee: \$10 due first date of class. Please visit: www.averyboo.com for more information. Averyboo Arts is located at 3908 Atlantic Ave., Long Beach. *No class: 11/23.

Natalie Meza		Averyboo Arts			
28190	2 Yrs 6 Mos-3 Yrs	9/7-9/28	11 a.m.-noon	F	\$60
28191	2 Yrs 6 Mos-3 Yrs	10/5-10/26	11 a.m.-noon	F	\$60
28193	2 Yrs 6 Mos-3 Yrs	11/2-11/30*	11 a.m.-noon	F	\$60

COOKING

LIL' SPROUTS PRESCHOOL COOKING CLASS

Don't think your toddler can cook? Think again! We've got fun, age-appropriate classes bursting with hands-on activities, healthy concept learning through games empower your little one to create healthy snacks. Classes are theme-based. Great introduction to the Five Food Groups. Please note any food allergies. Bring your own water and apron (optional). Food and material fee: \$32.

A Yummy Future		El Dorado Park West.			
27463	2-6 Yrs	9/1-9/22	11:30 a.m.-12:15 p.m.	Sa	\$70
27462	2-6 Yrs	10/6-10/27	11:30 a.m.-12:15 p.m.	Sa	\$70
27468	2-6 Yrs	11/3-11/24	11:30 a.m.-12:15 p.m.	Sa	\$70

DANCE

BABY DANCE

Help your baby develop a love for music and dance in a fun, and friendly environment. Sing songs, dance, and play with instruments, the parachute and much more! This class helps to develop important socialization and gross motor skills while you bond with your little one. *No class: 9/4, 9/5, 9/7, 9/8, 11/20, 11/21, 11/23 & 11/24.

Megan Kalscheuer		Whaley Park			
28552	6 Mos-1 Yr 6 Mos	8/29-10/3*	10-10:45 a.m.	W	\$50
28563	6 Mos-1 Yr 6 Mos	8/31-10/5*	10-10:45 a.m.	F	\$50
28559	6 Mos-1 Yr 6 Mos	9/1-10/6*	10-10:45 a.m.	Sa	\$50
28555	6 Mos-1 Yr 6 Mos	9/4-9/25*	10-10:45 a.m.	Tu	\$50
28556	6 Mos-1 Yr 6 Mos	10/9-11/6	10-10:45 a.m.	Tu	\$50
28553	6 Mos-1 Yr 6 Mos	10/10-11/7	10-10:45 a.m.	W	\$50
28564	6 Mos-1 Yr 6 Mos	10/12-11/9	10-10:45 a.m.	F	\$50
28561	6 Mos-1 Yr 6 Mos	10/13-11/10	10-10:45 a.m.	Sa	\$50
28558	6 Mos-1 Yr 6 Mos	11/13-12/18*	10-10:45 a.m.	Tu	\$50
28554	6 Mos-1 Yr 6 Mos	11/14-12/19*	10-10:45 a.m.	W	\$50
28565	6 Mos-1 Yr 6 Mos	11/16-12/21*	10-10:45 a.m.	F	\$50
28562	6 Mos-1 Yr 6 Mos	11/17-12/22*	10-10:45 a.m.	Sa	\$50

BALLET AND TAP

A fun way for children to be introduced to the world of dance. Includes simple tap and ballet routines.

Pat Dolezal		Recreation Park			
28195	3-6 Yrs	9/11-10/9	11 a.m.-noon	Tu	\$45
28196	3-6 Yrs	10/23-11/20	11 a.m.-noon	Tu	\$45

BALLET AND TAP FOR TOTS

This introduction to dance helps children gain confidence and have fun. Taught in a friendly way, the class includes tap and ballet routines.

Pat Dolezal		Bixby Park			
28197	3-6 Yrs	9/10-10/8	4:30-5:15 p.m.	M	\$42
28198	3-6 Yrs	10/22-11/19	4:30-5:15 p.m.	M	\$42

DANCE FOR FUN

Come bond with your little one and help your child to create a love for music and dance while developing their gross motor skills in a creative, fun and friendly environment. Sing, dance, play with instruments and much more! Simple dance moves are taught to help guarantee your child's success. *No class: 9/4, 9/5, 9/7, 9/8, 11/20, 11/21, 11/23 & 11/24.

Megan Kalscheuer		Whaley Park			
28540	1 Yr 6 Mos-4 Yrs	8/29-10/3*	9-9:45 a.m.	W	\$50
28541	1 Yr 6 Mos-4 Yrs	10/10-11/7	9-9:45 a.m.	W	\$50
28542	1 Yr 6 Mos-4 Yrs	11/14-12/19*	9-9:45 a.m.	W	\$50
28543	1 Yr 6 Mos-4 Yrs	8/28-10/2*	9-9:45 a.m.	Tu	\$50
28544	1 Yr 6 Mos-4 Yrs	10/9-11/6	9-9:45 a.m.	Tu	\$50
28545	1 Yr 6 Mos-4 Yrs	11/13-12/18*	9-9:45 a.m.	Tu	\$50
28546	1 Yr 6 Mos-4 Yrs	9/1-10/6*	9-9:45 a.m.	Sa	\$50
28547	1 Yr 6 Mos-4 Yrs	10/13-11/10	9-9:45 a.m.	Sa	\$50
28548	1 Yr 6 Mos-4 Yrs	11/17-12/22*	9-9:45 a.m.	Sa	\$50
28549	1 Yr 6 Mos-4 Yrs	8/31-10/5*	9-9:45 a.m.	F	\$50
28550	1 Yr 6 Mos-4 Yrs	10/12-11/9	9-9:45 a.m.	F	\$50
28551	1 Yr 6 Mos-4 Yrs	11/16-12/21*	9-9:45 a.m.	F	\$50

HIP HOP TOTS

Time to dance our best moves in this fun fast paced class! Little dancers will learn skills needed to dance a hip hopp'n bopp'n routine to their favorite songs. Tennis shoes best for class. For more information, visit: www.annepennypackerdance.com. Marina Community Center is located at 151 Marina Dr., Seal Beach. *No class: 11/21.

Anne Pennypacker		Recreation Park			
27930	2 Yrs 6 Mos-5 Yrs	8/22-9/19	4-4:30 p.m.	W	\$67
27937	2 Yrs 6 Mos-5 Yrs	10/2-10/30	4-4:30 p.m.	Tu	\$67
27938	2 Yrs 6 Mos-5 Yrs	11/6-12/4	4-4:30 p.m.	Tu	\$67
Anne Pennypacker		Marina Community Center			
27931	2 Yrs 6 Mos-5 Yrs	8/28-9/18	2:30-3 p.m.	W	\$67
27939	2 Yrs 6 Mos-5 Yrs	9/26-10/24*	2:30-3 p.m.	W	\$67
27940	2 Yrs 6 Mos-5 Yrs	11/7-12/5*	2:30-3 p.m.	W	\$57

MUSICAL MINIS

Dance and sing on a star. This theatre class will take dancers far! Little performers will learn song and dance from various musicals that audiences will love! Tennis shoes best for class. For more information visit: www.annepennypackerdance.com. Marina Community Center is located at 151 Marina Dr., Seal Beach. *No class: 11/21.

Anne Pennypacker		Marina Community Center			
27932	2 Yrs 6 Mos-5 Yrs	8/22-9/19	2-2:30 p.m.	W	\$67
27941	2 Yrs 6 Mos-5 Yrs	9/26-10/24	2-2:30 p.m.	W	\$67
27942	2 Yrs 6 Mos-5 Yrs	11/7-12/5*	2-2:30 p.m.	W	\$57
Anne Pennypacker		Recreation Park			
27933	2 Yrs 6 Mos-5 Yrs	8/28-9/25	6-6:30 p.m.	Tu	\$67
27943	2 Yrs 6 Mos-5 Yrs	10/2-10/30	6-6:30 p.m.	Tu	\$67
27944	2 Yrs 6 Mos-5 Yrs	11/6-12/4	6-6:30 p.m.	Tu	\$67

PRE-BALLET AND CHARACTER CLASS

Your child will learn the very basic beginning positions and movements for their level. We will glide ballet steps together while pretending to be different ballet characters, such as Cinderella, Sleeping Beauty, floating fairies and more. A very creative and magical class. For more information please visit: www.evelyngrauten.com. *No class: 9/14 & 11/23.

Evelyn Grauten

Recreation Park

28180 2 Yrs 6 Mos-6 Yrs 6 Mos 9/7-9/28* 11-11:45 a.m. F \$33

28181 2 Yrs 6 Mos-6 Yrs 6 Mos 10/12-11/30* 11-11:45 a.m. F \$77

ENRICHMENT

AMIGOS

A natural next step for Amiguitos participants, but not required. This class includes the calendar, pre-math/reading and conversational skill-building activities. Kids help with storytelling and each session offers different experiences. Parent participation optional. For more information visit: www.BamboleoKids.com. Material fee: \$30 (\$15 per sibling) includes crafts, books and audio CD. *No class: 11/24.

Priscilla Monserrate-Sanders

Heartwell Park

28203 4-6 Yrs 9/8-10/13 11:30 a.m.-12:30 p.m. Sa \$75

28206 4-6 Yrs 10/27-12/8* 11:30 a.m.-12:30 p.m. Sa \$75

BAMBOLEO AMIGUITOS

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. Material fee: \$30 (\$15 per sibling) includes crafts, books and audio CD. For more information please visit: www.bamboleokids.com. *No class: 11/24.

Priscilla Monserrate-Sanders

Heartwell Park

28204 2-4 Yrs 9/8-10/13 10:20-11:20 a.m. Sa \$75

28207 2-4 Yrs 10/27-12/8* 10:20-11:20 a.m. Sa \$75

BAMBOLEO AMIGUITOS

Vamos a jugar! Let's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games, role-play and art. Material fee: \$30 (\$15 per sibling) includes crafts, digital/printable book and digital music. For more information please visit: www.bamboleokids.com.

Susana Paniagua

Heartwell Park

28211 2-4 Yrs 9/4-10/9 10:15-11:15 a.m. Tu \$75

28210 2-4 Yrs 9/6-10/11 10:15-11:15 a.m. Th \$75

28209 2-4 Yrs 9/7-10/12 10:15-11:15 a.m. F \$75

28214 2-4 Yrs 10/23-12/4 10:15-11:15 a.m. Tu \$75

28213 2-4 Yrs 10/25-12/6 10:15-11:15 a.m. Th \$75

28212 2-4 Yrs 10/26-12/7 10:15-11:15 a.m. F \$75

BAMBOLEO BEBE

Wee ones will wiggle, jiggle and delight in the rhythms and sounds of the Spanish language through music, movement, handplay, and more. Connect with other families that are interested in immersing their children in the Spanish language. Downloadable music provided. Materials fee: \$15. For more information please visit: www.bamboleokids.com. *No class: 11/24.

Priscilla Monserrate-Sanders

Heartwell Park

28205 10 Mos-1 Yrs 9/8-10/13 9:20-10 a.m. Sa \$75

28208 10 Mos-1 Yrs 10/27-12/8* 9:20-10 a.m. Sa \$75

PARENT & ME PRE-K READINESS

Kids and parents will have fun in this class blending audio, visual and kinesthetics to maximize learning. The program incorporates letter and number recognition, fine motor skills, phonics, math and outdoor games and play specifically designed for children in this age group. Material fee: \$20. Adult participation is required. Space is limited.

Readwrite Educational Solution Inc.

Bixby Knolls Park

28112 2 Yrs 4 Mos-3 Yrs 9/4-9/27 8:45-10:15 a.m. Tu Th \$149

28109 2 Yrs 4 Mos-3 Yrs 9/4-9/27 10:30 a.m.-12 p.m. Tu Th \$149

28113 2 Yrs 4 Mos-3 Yrs 10/2-10/25 8:45-10:15 a.m. Tu Th \$149

28110 2 Yrs 4 Mos-3 Yrs 10/2-10/25 10:30 a.m.-12 p.m. Tu Th \$149

28114 2 Yrs 4 Mos-3 Yrs 10/30-11/20 8:45-10:15 a.m. Tu Th \$130

28111 2 Yrs 4 Mos-3 Yrs 10/30-11/20 10:30 a.m.-12 p.m. Tu Th \$130

READWRITE KINDER PREP

Be ready for kindergarten, academically and socially. This well-rounded, individualized program incorporates letter and number recognition, phonics (for reading and spelling), math, science, and fine motor skills (for writing). We reinforce a positive self-image with fun and engaging activities that stimulate creativity through art projects and music time. Children must be toilet trained. Bring a healthy snack. Parent participation required 2 days per session. Material fee: \$40.

Readwrite Educational Solution Inc.

Bixby Knolls Park

28127 4-5 Yrs 6 Mos 9/5-9/28 9 a.m.-noon M W F \$199

28128 4-5 Yrs 6 Mos 10/1-10/26 9 a.m.-noon M W F \$215

28129 4-5 Yrs 6 Mos 10/29-11/21 9 a.m.-noon M W F \$199

MUSIC

KIDS LOVE MUSIC: BABIES!

Musical bonding time for you and your baby. (4-14 months old, not yet walking). Learn lap songs, peek-a-boo songs and active chants. Explore rhythm and sound with shakers and drums. Your baby gains motor skills, building blocks for tonal memory, cognitive development and fun with you. Please bring a blanket. Adult participation required. More info: www.KidsLoveMusic.net. Mae Boyar Park is located at 6701 Del Amo Blvd., Lakewood.

Karen Greeno

Mae Boyar Park

28186 4 Mos-1 Yr 2 Mos 10/15-11/5 3:30-4 p.m. M \$56

KIDS LOVE MUSIC: TODDLERS

A good class for your first-timers. Sing, dance and play rhythm instruments with your 1-2 year old toddler. Explore making music with drums, xylophones and glockenspiels. Your child gains tonal memory, motor skills, cognitive development and fun with you in this shortened version of the Kids Love Music class. Adult participation required. More info: www.KidsLoveMusic.net. Mae Boyar Park is located at: 6701 Del Amo Blvd., Lakewood.

Karen Greeno

Mae Boyar Park

28188 1-2 Yrs 10/15-11/5 4:15-4:45 p.m. M \$56

KIDS LOVE MUSIC

Come sing, dance and play with your 1-4 year old. Spark your child's imagination with puppets and rhythm instruments. Explore making music with drums, xylophones and glockenspiel. Your child gains tonal memory, motor skills and cognitive development while bonding with you. Adult participation required. More info: www.KidsLoveMusic.net. Mae Boyar Park, is located at 6701 Del Amo Blvd., Lakewood.

Karen Greeno

Mae Boyar Park

28184 1-4 Yrs 10/15-11/5 5-5:45 p.m. M \$56

LITTLE MUSIC MAKERS

A great introduction to making music! Through songs, drum circles and inventive musical activities, your child will develop an understanding for the components of music: rhythm, melody and imagination. Jammin' Music is located at 4228 Atlantic Ave., Long Beach.

*No class: 11/23.

Jammin' Music Inc.

Jammin' Music

28055 2 Yrs 6 Mos-5 Yrs 9/14-10/19 10-10:45 a.m. F \$85

28057 2 Yrs 6 Mos-5 Yrs 9/15-10/20 10-10:45 a.m. Sa \$85

28056 2 Yrs 6 Mos-5 Yrs 11/2-12/14* 10-10:45 a.m. F \$85

28058 2 Yrs 6 Mos-5 Yrs 11/10-12/8 10-10:45 a.m. Sa \$85

MELODY TIME

Parent and child make music together in this interactive class. Sing songs, play simple instruments from around the world and enjoy drum circle time. *No class: 11/23. Jammin' Music is located at 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.		Jammin' Music			
28059	1-1 Yrs	9/14-10/19	9-9:45 a.m.	F	\$75
28060	1-2 Yrs	11/2-12/14*	9-9:45 a.m.	F	\$75

MUSIC AND MOVEMENT

Provides a positive, challenging learning environment for children to blossom musically and personally. Children participate in musical games, singing, dancing, listening and playing instruments. Program combines elements of Orff-Schulwerk and Kodaly methods with traditional philosophies of musical education. *No class: 11/21.

Danuta Klimczak		College Estates Park			
28165	1 Yr 8 Mos-2 Yrs 9 Mos	9/26-10/31	10-10:50 a.m.	W	\$79
28166	2 Yrs 9 Mos-4 Yrs	9/26-10/31	11:15 a.m.-12:05 p.m.	W	\$79
28167	1 Yr 8 Mos-2 Yrs 9 Mos	11/7-12/12*	10-10:50 a.m.	W	\$69
28168	2 Yrs 9 Mos-4 Yrs	11/7-12/12*	11:15 a.m.-12:05 p.m.	W	\$69

SPORTS

BIDDY SOCCER LEAGUE

Your child will have a great time playing soccer and making new friends while learning the benefits of sportsmanship, sharing and teamwork. The Biddy League is designed to introduce kids to team sports in a fun and exciting environment. Everyone will receive team shirts and a medal. The first week will be practice and team assignments with the remainder of the weeks being games. Game times for 3-5 age group are at 6 or 7 p.m.

TriFytt Sports		Bixby Knolls Park			
28133	2-3 Yrs	9/21-11/9	4-4:30 p.m.	F	\$109
28134	3-5 Yrs	9/21-11/9	4:30-5:15 p.m.	F	\$109
28135	3-5 Yrs	9/22-11/10	11-11:45 a.m.	Sa	\$109
28136	2-3 Yrs	9/22-11/10	noon-12:30 p.m.	Sa	\$109

D-UP TINY BALLERS

D-Up Tiny Ballers is an introductory to the fundamentals of basketball and will focus on basic dribbling, passing, shooting and hand-eye coordination. Children will play games while learning the game of basketball. We will have player(s) of the week and give out prizes! Children should bring their own basketball and water to each session. Material fee: \$20.

James Christian		Pan American Park			
28039	3-6 Yrs	9/9-10/7	11-11:45 a.m.	Su	\$60
28040	3-6 Yrs	10/21-11/18	11-11:45 a.m.	Su	\$60

FUN ON THE FARM

This class prepares children for individual lessons and gives them a sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Parent participation is required, no unregistered siblings allowed. Material Fee: \$25. El Rodeo Stables is located at 4449 Carbon Canyon Road, Brea. Learn about farm animals through songs, puppets, crafts. Enjoy a horsie ride every week. No unregistered siblings. *No class: 11/23.

Fun With Horses		El Rodeo Stables			
27977	2-6 Yrs	9/7-9/28	10-11 a.m.	F	\$85
27978	2-6 Yrs	10/5-10/26	10-11 a.m.	F	\$85
27988	2-6 Yrs	11/2-11/30*	10-11 a.m.	F	\$85

HORSE FUN FOR PRESCHOOLERS

Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a better sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Parent participation is required, no unregistered siblings allowed. El Rodeo Stables is located at 4449 Carbon Canyon Road, Brea. Material Fee: \$25. *No class: 11/24.

Fun With Horses		El Rodeo Stables			
27983	3-6 Yrs	9/8-9/29	1-2 p.m.	Sa	\$85
27984	3-6 Yrs	10/6-10/27	1-2 p.m.	Sa	\$85
27987	3-6 Yrs	11/3-12/1*	1-2 p.m.	Sa	\$85

LITTLE B-BALLERS BASKETBALL HOOP SCHOOL

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Parent participation optional. Please bring a small ball and water. Material Fee: \$20. Newcomb Academy is located at 3351 Val Verde Ave., Long Beach. Classes held at Hoover Middle School on 11/17 & 11/24 located at 3501 Country Club Dr., Lakewood. *No class: 11/10.

B-Ballers Hoop School		Newcomb Academy & Hoover Middle School			
27478	3-5 Yrs	9/8-9/29	11-11:45 a.m.	Sa	\$65
27479	3-5 Yrs	10/6-10/27	11-11:45 a.m.	Sa	\$65
27480	3-5 Yrs	11/3-11/24*	11-11:45 a.m.	Sa	\$65

MINI-HAWK MULTI-SPORT

Introduce your little superstar to sports in our most popular program! This baseball, basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, and skill development. Parent participation is required for younger ages.

Skyhawks Sports Academy		Marina Vista Park			
28131	2-3 Yrs 6 Mos	9/25-11/20	3:30-4 p.m.	Tu	\$155
28132	3 Yrs 6 Mos-5 Yrs	9/25-11/20	4:15-5 p.m.	Tu	\$155

MULTI SPORT

This is a great chance for kids to play their favorite sports all at one class. This program is designed to motivate children to be active and healthy while giving them the fundamental skills needed to succeed and grow in whichever sport they choose. Every child will be given a camp shirt.

TriFytt Sports		Bixby Knolls Park			
28137	2-3 Yrs	9/22-11/10	9-9:30 a.m.	Sa	\$109
28138	1 Yr 6 Mos-2 Yrs	9/22-11/10	9:30-10 a.m.	Sa	\$109
28139	3-5 Yrs	9/22-11/10	10-10:45 a.m.	Sa	\$109

PARENT AND ME SKATING

Class fee includes skate rentals, half hour of instruction and free practice on your registered class day. Practice times: Th 10:30 a.m.-12:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. More info: www.therinks.com. Pre-registration is required. The Rinks Lakewood Ice is located at 3975 Pixie Ave., Lakewood.

Ice Management LLC		The Rinks Lakewood Ice			
28004	3-6 Yrs	8/30-9/20	11:15-11:45 a.m.	Th	\$45
28007	3-6 Yrs	9/1-9/22	11:15-11:45 a.m.	Sa	\$45
28005	3-6 Yrs	9/27-10/18	11:15-11:45 a.m.	Th	\$45
28008	3-6 Yrs	9/29-10/20	11:15-11:45 a.m.	Sa	\$45
28006	3-6 Yrs	10/25-11/15	11:15-11:45 a.m.	Th	\$45
28009	3-6 Yrs	10/27-11/17	11:15-11:45 a.m.	Sa	\$45

PARENT AND ME SOCCER

The fun happens on the field, so don't just watch from the sidelines! You'll participate in fun, age-appropriate activities and help your child to develop their motor and socialization skills. A variety of soccer activities are played each week, adult participation is required. All kids receive a Kidz Love Soccer jersey.

Kidz Love Soccer		Good Neighbor Park			
28075	2-3 Yrs 6 Mos	9/14-11/2	9:30-10 a.m.	F	\$113
28076	2-3 Yrs 6 Mos	9/14-10/19	5:20-5:50 p.m.	F	\$91
28077	2-3 Yrs 6 Mos	9/22-11/10	8:45-9:15 a.m.	Sa	\$113
28078	2-3 Yrs 6 Mos	9/22-11/10	9:20-9:50 a.m.	Sa	\$113
Kidz Love Soccer		College Estates Park			
28079	2-3 Yrs 6 Mos	9/22-11/10	9:30-10 a.m.	Sa	\$113

PRE SOCCER

Teaches the basic techniques of the games and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey.

Kidz Love Soccer		Good Neighbor Park			
28080	4-5 Yrs	9/14-11/2	10:10-10:45 a.m.	F	\$113
28081	4-5 Yrs	9/14-11/2	3:20-3:55 p.m.	F	\$113
28082	4-5 Yrs	9/22-11/10	10:30-11:05 a.m.	Sa	\$113
Kidz Love Soccer		College Estates Park			
28083	4-5 Yrs	9/22-11/10	10:40-11:15 a.m.	Sa	\$113

TEE BALL SKILLZ

Here is a great chance for kids to be introduced to tee-ball in a fun, safe environment while learning the basics of the game. Our tee-ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills. Every child will also be given a class t-shirt.

TriFytt Sports		Good Neighbor Park			
28140	2-3 Yrs	9/24-11/12	4-4:30 p.m.	M	\$109
28644	3-5Yrs	9/24-11/12	4: 30-5 p.m.	M	\$109

TINY TUMBLERS - PARENT & ME GYMNASTICS GYM I

This is a parent and me gymnastics class for developing toddlers. At this age, life is about motor skills and body awareness. Your toddler will be introduced to all the gymnastics events: vault, bars, beam, floors and rings. Along with movement to music, parachutes, bubbles and more, your child will learn how their body works. Requirements: Must be able to walk. *No class: 9/12, 11/20, 11/21.

Aerial Butterflies LLC.		Wardlow Park			
28153	9 Mos-2 Yrs	9/1-9/29	9:30-10:15 a.m.	Sa	\$60
28156	9 Mos-2 Yrs	9/4-9/25	10-10:45 a.m.	Tu	\$60
28154	9 Mos-2 Yrs	9/29-10/20	9:30-10:15 a.m.	Sa	\$60
28157	9 Mos-2 Yrs	10/2-10/23	10-10:45 a.m.	Tu	\$60
28155	9 Mos-2 Yrs	10/27-11/17	9:30-10:15 a.m.	Sa	\$60
28158	9 Mos-2 Yrs	10/30-11/27*	10-10:45 a.m.	Tu	\$60
28630	9 Mos-2 Yrs	9/5-10/3*	10-10:45 a.m.	W	\$60
28631	9 Mos-2 Yrs	10/10-10/31	10-10:45 a.m.	W	\$60
28632	9Mos-2 Yrs	11/7-12/5*	10-10:45 a.m.	W	\$60

TINY TUMBLERS - PARENT & ME GYMNASTICS GYM II

This is a parent and me gymnastics class for developing toddlers. At this age, life is about motor skills and body awareness. Your toddler will be introduced to all the gymnastics events: vault, bars, beam, floors and rings. Along with movement to music, parachutes, bubbles and more, your child will learn how their body works. *No class: 9/12, 11/20, 11/21.

Aerial Butterflies LLC.		Wardlow Park			
28159	2-4 Yrs	9/1-9/22	10:20-11:05 a.m.	Sa	\$60
28162	2-4 Yrs	9/4-9/25	10:50-11:35 a.m.	Tu	\$60

28160	2-4 Yrs	9/29-10/20	10:20-11:05 a.m.	Sa	\$60
28163	2-4 Yrs	10/2-10/23	10:50-11:35 a.m.	Tu	\$60
28161	2-4 Yrs	10/27-11/17	10:20-11:05 a.m.	Sa	\$60
28164	2-4 Yrs	10/30-11/27*	10:50-11:35 a.m.	Tu	\$60
28633	9 Mos-2 Yrs	9/5-10/3*	10:50-11:35 a.m.	W	\$60
28634	9 Mos-2 Yrs	10/10-10/31	10:50-11:35 a.m.	W	\$60
28635	9 Mos-2 Yrs	11/7-12/5*	10:50-11:35 a.m.	W	\$60

TINY TYKES

The Tiny Tykes Curriculum makes learning soccer fun! From storytelling, creative games and music, your child will learn from international soccer professionals, returning home with feelings of excitement and passion for soccer! All children receive a jersey, shorts and specially designed soccer ball.

Challenger Sports		Wardlow Park			
27959	2-3 Yrs	9/12-10/31	9-9:45 a.m.	W	\$109
27960	4-5 Yrs	9/12-10/31	10-10:45 a.m.	W	\$109

TOT BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m., Th 3-5:30 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration required. More info: www.therinks.com. The Rinks Lakewood Ice is located at 3975 Pixie Ave., Lakewood.

Ice Management LLC.		The Rinks Lakewood Ice			
28016	3-6 Yrs	8/29-9/19	6:10-6:40 p.m.	W	\$45
28019	3-6 Yrs	8/30-9/20	4-4:30 p.m.	Th	\$45
28022	3-6 Yrs	9/1-9/22	10:15-10:45 a.m.	Sa	\$45
28017	3-6 Yrs	9/26-10/17	6:10-6:40 p.m.	W	\$45
28020	3-6 Yrs	9/27-10/18	4-4:30 p.m.	Th	\$45
28023	3-6 Yrs	9/29-10/20	10:15-10:45 a.m.	Sa	\$45
28018	3-6 Yrs	10/24-11/14	6:10-6:40 p.m.	W	\$45
28021	3-6 Yrs	10/25-11/15	4-4:30 p.m.	Th	\$45
28024	3-6 Yrs	10/27-11/17	10:15-10:45 a.m.	Sa	\$45

TOT ICE HOCKEY

Learn basic skills necessary to play ice hockey. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Prerequisite four weeks in Tot Beginning Ice Skating and upon instructor evaluation/approval. Pre-registration is required. More info: www.therinks.com. The Rinks Lakewood Ice is located at 3975 Pixie Ave., Lakewood.

Ice Management LLC		The Rinks Lakewood Ice			
28025	3-6 Yrs	8/30-9/20	5:30-6 p.m.	Th	\$45
28028	3-6 Yrs	9/1-9/22	10:15-10:45 a.m.	Sa	\$45
28026	3-6 Yrs	9/27-10/18	5:30-6 p.m.	Th	\$45
28029	3-6 Yrs	9/29-10/20	10:15-10:45 a.m.	Sa	\$45
28027	3-6 Yrs	10/25-11/15	5:30-6 p.m.	Th	\$45
28030	3-6 Yrs	10/27-11/17	10:15-10:45 a.m.	Sa	\$45

TOT SOCCER

Little tykes will enjoy running and kicking just like the big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey.

Kidz Love Soccer		Good Neighbor Park			
28088	3 Yrs 6 Mos-4 Yrs	9/14-11/2	10:10-10:45 a.m.	F	\$113
28089	3 Yrs 6 Mos-4 Yrs	9/14-11/2	4:40-5:10 p.m.	F	\$113
28090	3 Yrs 6 Mos-4 Yrs	9/22-11/10	10-10:30 a.m.	Sa	\$113
Kidz Love Soccer		College Estates Park			
28091	3 Yrs 6 Mos-4 Yrs	9/22-11/10	10:10-10:40 a.m.	Sa	\$113

YOUTH CLASSES

As children grow, so do their interests. Parks, Recreation and Marine has classes that will keep your youngster engaged and having fun while enhancing their abilities in music, dancing, acting, math and reading, or staying fit with a variety of fitness and sport offerings such as a yoga, martial arts and gymnastics.

CAMPS

DID SOMEONE SAY SCIENCE

Discover chemistry by exploring physical and chemical reactions. Learn about conductors, insulators, current and other elements of the world of circuit electricity. Learn the fundamentals of flight by building your own stunt planes! Experiment with gravity, inertia and centripetal force. Uncover the science behind aerodynamics and the properties of air. \$35 cash material fee due at the first day of class.

Mad Science Of Los Angeles Heartwell Park
28093 5-12 Yrs 9/17-11/5 3-4 p.m. M \$149

NASA SPACE ACADEMY

Explore the far reaches of our solar system and experience astronaut life as students participate in a building mission! Compare the Earth's atmosphere to other planets and probe the mysteries of meteors and comets. Follow stellar life cycles and view the stars from different angles of the universe. Steer a laser beam through a laser maze and find hidden objects using principles of laser technology. Be mesmerized by a water bottle rocket launch and build your very own Skyblazer II Rocket to take home! \$35 cash material fee due at the first day of class.

Mad Science Of Los Angeles Heartwell Park
28092 5-12 Yrs 9/22-11/10 10:30-11:30 a.m. Sa \$149

COOKING

BASIC COOKING FOR KIDS

Students will love this fun hands-on class where they can explore their creative side, discover new ingredients and learn the fundamentals of cooking. Class will include a lecture and activity before kids put what they have learned together in the cooking lab. Students will be introduced to kitchen tools, appliances, vocabulary, and kitchen safety. Please note any food allergies. Bring apron, set of measuring cups/spoons and a food storage container for left overs. Material fee: \$48.

A Yummy Future El Dorado Park West
27469 6-12 Yrs 9/1-9/22 12:30-1:30 p.m. Sa \$100
27473 6-12 Yrs 10/6-10/27 12:30-1:30 p.m. Sa \$100
27474 6-12 Yrs 11/3-11/24 12:30-1:30 p.m. Sa \$100

DANCE

CHILDREN & YOUTH DANCE WORKSHOP

Tap, ballet and contemporary dance. Basic 1-3 mixed level class includes barre and center technique. Learn eight count combinations to work toward routine. Tap shoes (most sizes) available for loan at class. The Long Beach Dance Academy is located at 727 South St., Long Beach.

Joaquin Feliciano Long Beach Dance Academy
28072 4-10 Yrs 9/8-9/29 10:30-11:30 a.m. Sa \$40
28069 11-16 Yrs 9/8-9/29 11:30 a.m.-12:30 p.m. Sa \$40
28073 4-10 Yrs 10/6-10/27 10:30-11:30 a.m. Sa \$40
28070 11-16 Yrs 10/6-10/27 11:30 a.m.-12:30 p.m. Sa \$40
28074 4-10 Yrs 11/3-11/17 10:30-11:30 a.m. Sa \$30
28071 11-16 Yrs 11/3-11/17 11:30 a.m.-12:30 p.m. Sa \$30

HIP HOP

A fast paced class, students will learn street style dance and a funky hip hop routine. Fresh choreography each session. At session's end we'll perform a show. Tennis shoes needed for class. For information visit: www.annepennypackerdance.com. Marina Community Center is located at 151 Marina Dr., Seal Beach. Los Alamitos Community Center is located at 10911 Oak St., Los Alamitos. *No class: 9/3 & 11/22.

Anne Pennypacker Marina Community Center
27920 5-12 Yrs 8/23-9/20 3:45-4:30 p.m. Th \$67
27925 5-12 Yrs 9/27-10/25 3:45-4:30 p.m. Th \$67
27926 5-12 Yrs 11/1-12/6* 3:45-4:30 p.m. Th \$67

Anne Pennypacker Los Alamitos Community Center
27921 5-12 Yrs 8/27-10/1* 3:45-4:30 p.m. M \$67
27922 5-12 Yrs 10/15-11/12 3:45-4:30 p.m. M \$67
27927 5-12 Yrs 11/19-12/10 3:45-4:30 p.m. M \$57
27919 5-12 Yrs 8/28-9/25 4:30-5:15 p.m. Tu \$67

Anne Pennypacker Recreation Park
27923 5-12 Yrs 10/2-10/30 4:30-5:15 p.m. Tu \$67
27924 5-12 Yrs 11/6-12/4 4:30-5:15 p.m. Tu \$67

MUSICAL THEATRE

Casting now: creative students interested in exploring dance, acting, music and song. Students will learn musical theatre dance styles, and how to connect acting and emotions of songs to the choreography of the piece. For information, visit: www.annepennypackerdance.com. Marina Community Center is located at 151 Marina Dr., Seal Beach. *No class: 11/21.

Anne Pennypacker Recreation Park
27912 5-12 Yrs 8/28-9/25 5:15-6 p.m. Tu \$67
27917 5-12 Yrs 10/2-10/30 5:15-6 p.m. Tu \$67
27918 5-12 Yrs 11/6-12/4 5:15-6 p.m. Tu \$67

Anne Pennypacker Marina Community Center
27913 5-12 Yrs 8/22-9/19 3:45-4:30 p.m. W \$67
27915 5-12 Yrs 9/26-10/24 3:45-4:30 p.m. W \$67
27916 5-12 Yrs 11/7-12/5* 3:45-4:30 p.m. W \$67

PRINCESS DANCE

Calling all princesses and fairies! Join the fun by dancing magical adventures and pretending to be a fairy princess, dancing swans, sleeping beauty and more! We will create beautiful dances in a fun, creative environment. For information visit: www.annepennypackerdance.com. Los Alamitos Community Center is located at 10911 Oak St., Los Alamitos.

Anne Pennypacker Los Alamitos Community Center
28393 4-7 Yrs 8/27-10/1 5:15-6 p.m. M \$67
28394 4-7 Yrs 10/15-11/12 5:15-6 p.m. M \$67
28395 4-7 Yrs 11/19-12/10 5:15-6 p.m. M \$67

ROCKSTAR POPSTAR

It's time to party like a Rockstar! We will learn lyrics and dance moves to pop songs and be stars! At session's end we put on a concert not to be missed! For more information please visit: www.annepennypackerdance.com. Los Alamitos Community Center is located at 10911 Oak St., Los Alamitos. *No class: 9/3.

Anne Pennypacker Los Alamitos Community Center
27914 5-12 Yrs 8/27-10/1* 4:30-5:15 p.m. M \$67
27945 5-12 Yrs 10/15-11/12 4:30-5:15 p.m. M \$67
27946 5-12 Yrs 11/19-12/10 4:30-5:15 p.m. M \$67

ENRICHMENT

CREATION OF MYTHS: NARRATIVE WRITING

Since ancient times, children have been intrigued by the mystery of mythology and folklore. In this writing class, we will read Greek, Indian, Korean and Chinese stories to fuel the imagination and inspire kids' writing. After enjoying these stories, students will create their own mythological or folktale narratives using the four "secrets" of story writing. Instruction is aligned with Common Core Standards and teachers will provide individualized feedback in order to help each student improve content and grammar. Check out WriteOn via Facebook. Materials fee: \$38. Cypress Community Center is located at 5700 Orange Ave., Cypress. *No class: 11/20.

Write On! Cypress Community Center
28142 8-12 Yrs 10/30-11/27* 3:30-5 p.m. Tu \$70

EXPERIENTIAL WRITING

Tactile and kinetic experiences can inspire writing. Participate in creative exercises, outdoor games, and sensory activities before creating wonderful essays about those experiences. Combine writing with fun! Students will practice various styles including narrative, expository, and compare & contrast. They will learn grammar within the context of their own writing. Instruction is aligned with Common Core Standards and teachers will provide individualized feedback in order to help each student improve content and grammar. Check out WriteOn via Facebook. Materials fee: \$38. Class is held at the Cypress Community Center 5700 Orange Ave., Cypress.

Write On! Cypress Community Center
28141 8-12 Yrs 9/4-9/25 3:30-5 p.m. Tu \$70

EXPERIENTIAL WRITING: CAMP SURVIVAL

If you're looking for an educational class that kids will enjoy attending, let us inspire your child's writing! Each week students will learn a survival skill like building snares, creating solar stills, and making a shelter from natural materials. Following these fun activities, they will write about their experience, involving narrative, expository and persuasive writing styles. Grow their engineering, science, and writing skills at the same time. Instruction is aligned with Common Core Standards and teachers will provide individualized feedback in order to help each student improve content and grammar. Check out WriteOn via Facebook. Materials fee: \$38. Cypress Community Center is located at 5700 Orange Ave., Cypress.

Write On! Cypress Community Center
28143 8-12 Yrs 10/2-10/23 3:30-5 p.m. Tu \$70

MATH DEVELOPMENT GRADES 2-6

Students skills gaps are identified through comprehensive testing. Trained teachers structure and implement a program to reinforce identified skills in primary facts (addition, subtraction, multiplication, division), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills and increased confidence. For more information call: 949-263-0633. Testing and material fee: \$20. Long Beach Community Resource Center is located at 5365 E. 2nd St. *No class: 10/31.

Readwrite Educational Solution Inc. L B Community Resource Center
28107 6 Yrs 6 Mos-11 Yrs 6 Mos 9/24-10/17 5:10-5:55 p.m. M W \$79
28108 6 Yrs 6 Mos-11 Yrs 6 Mos 10/22-11/19* 5:10-5:55 p.m. M W \$79
Readwrite Educational Solution Inc. Heartwell Park
28105 7 Yrs 6 Mos-11 Yrs 6 Mos 9/25-10/18 5:10-5:55 p.m. Tu Th \$79
28106 7 Yrs 6 Mos-11 Yrs 6 Mos 10/23-11/15 5:10-5:55 p.m. Tu Th \$79

READING DEVELOPMENT 2-6

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For information call: 949-263-0633. Testing and material fee: \$2. Long Beach Community Resource Center is located at 5365 E. 2nd St. *No class: 10/31.

Readwrite Educational Solution Inc. LB Community Resource Center
28117 6 Yrs 6 Mos-11 Yrs 6 Mos 9/24-10/17 4:20-5:05 p.m. M W \$79
28118 6 Yrs 6 Mos-11 Yrs 6 Mos 10/22-11/19* 4:20-5:05 p.m. M W \$79
Readwrite Educational Solution Inc. Heartwell Park
28115 7 Yrs 6 Mos-11 Yrs 6 Mos 9/25-10/18 4:20-5:05 p.m. Tu Th \$79
28116 7 Yrs 6 Mos-11 Yrs 6 Mos 10/23-11/15 4:20-5:05 p.m. Tu Th \$79

READING DEVELOPMENT K-1

Individualized to your student's needs. Improves comprehension, vocabulary, spelling, and fluency. Specially-trained teachers test, structure and implement your child's program. For information call: 949-263-0633. Testing and material fee: \$20. Long Beach Community Resource Center is located at 5365 E. 2nd St. *No class: 10/31.

Readwrite Educational Solution Inc. Long Beach Community
28124 4 Yrs 6 Mos-7 Yrs 6 Mos 9/24-10/17 3:30-4:15 p.m. M W \$79
28125 4 Yrs 6 Mos-7 Yrs 6 Mos 10/22-11/19* 3:30-4:15 p.m. M W \$79
Readwrite Educational Solution Inc. Heartwell Park
28120 4 Yrs 6 Mos-7 Yrs 6 Mos 9/25-10/18 3:30-4:15 p.m. Tu Th \$79
28121 4 Yrs 6 Mos-7 Yrs 6 Mos 10/23-11/15 3:30-4:15 p.m. Tu Th \$79

MUSIC

EXPLORING INSTRUMENTS

Want to play music but not sure where to start? This class will give you a chance to try three popular instruments: piano, guitar and drums. A beginning level class, no experience necessary. Jammin' Music is located at 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc. Jammin' Music
28050 7-11 Yrs 9/12-10/17 4-4:50 p.m. W \$90
28062 7-11 Yrs 11/7-12/12 4-4:50 p.m. W \$90

GROUP PIANO

Beginning class for children with little or no previous instruction. Students will be taught note reading, hand positions, proper finger technique and simple melodies in a fun, supportive atmosphere. Jammin' Music is located at 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc. Jammin' Music
28051 7-12 Yrs 9/11-10/16 4-4:50 p.m. Tu \$95
280637-12 Yrs 10/30-12/4 4-4:50 p.m. Tu \$95

GUITAR

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5.

Daniel Howe Whaley Park
28245 8-17 Yrs 9/4-10/2 6:30-7:30 p.m. Tu \$65
28246 8-17 Yrs 10/16-11/13 6:30-7:30 p.m. Tu \$65

JAMMIN' MUSIC GLEE CLUB

Participants will have a blast singing group renditions of pop and rock songs while learning proper vocal technique (breathing, warm-ups, pitch and more), light choreography and stage blocking. Class will conclude with a performance. Jammin' Music is located at 4228 Atlantic Ave., Long Beach. *No class: 11/22.

Jammin' Music Inc. Jammin' Music
28052 7-14 Yrs 9/27-12/6* 4:30-5:30 p.m. Th \$135



Free After School Program Park Sites ages 5-12



What is Your Child Doing After School?

Long Beach Parks, Recreation and Marine offers activities Monday through Friday in every neighborhood. Programs include games, arts and crafts, tournaments, cooking, homework help, movies, holiday celebrations and more.

Visit: <https://bit.ly/1Neoc8o> for program schedules and descriptions.

Park Locations and Hours*



Admiral Kidd Park

2125 Santa Fe Ave.
570-1600
Mon-Fri 3-6 p.m.



Bixby Park

130 Cherry Ave.
570-1601
Mon-Fri 3-6 p.m.



Chavez Park

401 Golden Ave.
570-8890
Mon-Fri 3-6 p.m.



Coolidge Park

352 Neece Ave.
570-1618
Mon-Fri 3-6 p.m.



Drake Park

951 Maine Ave.
570-1625
Mon-Fri 3-6 p.m.



Houghton Park

6301 Myrtle Ave.
570-1640
Mon-Fri 3-6 p.m.



McBride Park

1550 M.L. King Jr. Blvd
570-1605
Mon-Fri 3-6 p.m.



M.L. King

1950 Lemon Ave
570-4405
Mon-Fri 3-6 p.m.



Orizaba Park

1435 Orizaba Ave.
570-1427
Mon-Fri 3-6 p.m.
Sat 12-4 p.m.



Pan American Park

5157 Centralia St
570-1660
Mon-Fri 2:30-5:30 p.m.



Ramona Park

3301 E. 65th St.
570-1665
Mon-Fri 3-6 p.m.



Seaside Park

1401 Chestnut Ave.
572-5126
Mon-Fri 3-5:30 (M-F)
Sa&Su 11 a.m.-3 p.m.



Silverado Park

1545 W. 31st St.
570-1675
Mon-Fri 3-6 p.m.



Somerset Park

1500 E. Carson
570-8915
Mon-Fri 3-6 p.m.



Stearns Champions Park

4520 E. 23rd St.
570-1685
Mon-Fri 3-6 p.m.



Veterans Park

101 E. 28th St.
570-1695
Mon-Fri 2:30-5:30 p.m.



Wardlow Park

3457 Stanbridge Ave.
570-1706
Mon-Fri 3-6 p.m.



Whaley Park

5620 Atherton St.
570-1710
Mon-Fri 2:30-5:30 p.m.

*Park locations and times are subject to change



KEYBOARD KIDS

Children will be guided through a variety of fun and engaging musical activities with an emphasis on keyboards. Rhythm, note recognition and proper keyboard technique will be taught as well as simple melodies. Jammin' Music is located at 4228 Atlantic Ave., Long Beach.

Jammin' Music Inc.				Jammin' Music	
28053	5-6 Yrs	9/11-10/16	3-3:50 p.m.	Tu	\$95
28064	5-6 Yrs	9/15-10/20	11-11:50 a.m.	Sa	\$95
28054	5-6 Yrs	10/30-12/4	3-3:50 p.m.	Tu	\$95
28065	5-6 Yrs	11/10-12/8	11-11:50 a.m.	Sa	\$95

ROCKIN' GUITAR

Calling all beginning electric or acoustic guitarists. Learn what it takes to rock. Beginning rock technique including power cords, simple blues, and rock licks will be covered. Bring your own guitar or rent one from us. Jammin' Music is located at 4228 Atlantic Ave., Long Beach. *No class: 11/23.

Jammin' Music Inc.				Jammin' Music	
28061	8-14 Yrs	9/14-10/19	5-5:50 p.m.	F	\$85
28066	8-14 Yrs	11/2-12/14*	5-5:50 p.m.	F	\$85



UKULELE FUNTIME

Ukulele is a fun instrument that anyone can learn, and our group ukulele class is open to kids, parents and people of all ages! Learn basic chords, proper technique, songs on the uke in a fun friendly environment. Jammin' Music is located at 4228 Atlantic Ave., Long Beach. *No class: 11/23.

Jammin' Music Inc.				Jammin' Music	
28067	8-50 Yrs	9/14-10/19	4-4:50 p.m.	F	\$90
28068	8-50 Yrs	11/2-12/14*	4-4:50 p.m.	F	\$90

SPORTS

B-BALLERS HOOP SCHOOL

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, and adds fun for those who just love the game. Ages 6-9 group one held from 3-4 p.m. Ages 10-17 group two held from 4-5 p.m. Material Fee: \$20. Wilson High School is located at 4400 E. 10th St., Long Beach. *No class 11/11.

B-Ballers Hoop School				Wilson High School	
27481	6-17 Yrs	9/9-9/30	3-5 p.m.	Su	\$65
27482	6-17 Yrs	10/7-10/28	3-5 p.m.	Su	\$65
27483	6-17 Yrs	11/4-11/25*	3-5 p.m.	Su	\$65

B-BALLERS BASKETBALL GAME TIME

Allowing the kids to play league team basketball against each other will help them develop teamwork, confidence, and fundamental basketball game skills. Participants will play half or full court. B-Ballers Hoops Coaches will officiate all games and there will be one practice per week. Games from 12:30-1:30 p.m., Team practice 1:30-2:30 p.m. Material (Jersey) Fee: \$20. Newcomb Academy is located at 3351 Val Verde Ave., Long Beach.

B-Ballers Hoop School				Newcomb Academy	
28639	8-17Yrs	9/8-9/29	12:30-2:30 p.m.	Sa	\$65
28640	8-17Yrs	10/6-10/27	12:30-2:30 p.m.	Sa	\$65



BEGINNING ICE SKATING

Class fee includes skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: W 7:10-7:40 p.m., Th 3-5:30 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. For info: www.therinks.com. The Rinks Lakewood Ice is located at 3975 Pixie Ave., Lakewood.

Ice Management LLC.				The Rinks Lakewood Ice	
27989	7-14 Yrs	8/29-9/19	6:40-7:10 p.m.	W	\$45
27992	7-14 Yrs	8/30-9/20	4:30-5 p.m.	Th	\$45
27995	7-14 Yrs	9/1-9/22	11:15-11:45 a.m.	Sa	\$45
27990	7-14 Yrs	9/26-10/17	6:40-7:10 p.m.	W	\$45
27993	7-14 Yrs	9/27-10/18	4:30-5 p.m.	Th	\$45
27996	7-14 Yrs	9/29-10/20	11:15-11:45 a.m.	Sa	\$45
27991	7-14 Yrs	10/24-11/14	6:40-7:10 p.m.	W	\$45
27994	7-14 Yrs	10/25-11/15	4:30-5 p.m.	Th	\$45
27997	7-14 Yrs	10/27-11/17	11:15-11:45 a.m.	Sa	\$45

D-UP BALLERS

D-Up Ballers will challenge you mentally and physically in the game of basketball. This program is geared for all levels, enhancing your basketball skills. You will be working on dribbling, passing, shooting, defense, footwork and much more. We will have player(s) of the week and give out prizes! Material fee: \$20.

James Christian				Pan American Park	
28037	7-14 Yrs	9/9-10/7	noon-1 p.m.	Su	\$60
28038	7-14 Yrs	10/21-11/18	noon-1 p.m.	Su	\$60



GYMNASTICS - BEGINNING

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Woodrow Wilson High School is located at 4400 E. 10th St., 600 Bldg., Long Beach. *No class: 11/22.

Cheryl Milgrom		Woodrow Wilson High School			
27964	6-17 Yrs	9/4-9/25	5-5:50 p.m.	Tu	\$48
27967	6-17 Yrs	9/6-9/27	5-5:50 p.m.	Th	\$48
27965	6-17 Yrs	10/2-10/23	5-5:50 p.m.	Tu	\$48
27968	6-17 Yrs	10/4-10/25	5-5:50 p.m.	Th	\$48
27969	6-17 Yrs	11/1-11/29*	5-5:50 p.m.	Th	\$48
27966	6-17 Yrs	11/6-11/27	5-5:50 p.m.	Tu	\$48

GYMNASTICS - INTERMEDIATE

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: ability to perform a cartwheel on both sides, a dive roll, round off, and back walkover. Woodrow Wilson High School is located at 4400 E. 10th St., 600 Bldg., Long Beach. *No class: 11/22.

Cheryl Milgrom		Woodrow Wilson High School			
27970	6-17 Yrs	9/4-9/27	5:50-6:40 p.m.	Tu Th	\$84
27971	6-17 Yrs	10/2-10/25	5:50-6:40 p.m.	Tu Th	\$84
27972	6-17 Yrs	11/1-11/29*	5:50-6:40 p.m.	Tu Th	\$84

GYMNASTICS - ADVANCED

This class teaches the fundamentals of the four Olympic artistic gymnastics events - floor exercise, uneven para bars, balance beam and vaulting table. Prerequisites: intermediate requirements plus back handspring and/or front handspring and/or round off back handspring. Woodrow Wilson High School is located at 4400 E. 10th St., 600 Bldg., Long Beach. *No class: 11/22.

Cheryl Milgrom		Woodrow Wilson High School			
27961	6-17 Yrs	9/4-9/27	6:45-8:10 p.m.	Tu Th	\$120
27962	6-17 Yrs	10/2-10/25	6:45-8:10 p.m.	Tu Th	\$120
27963	6-17 Yrs	11/1-11/29*	6:45-8:10 p.m.	Tu Th	\$120

GYMNASTICS- BEGINNING

Boys and girls recreational gymnastics is a fun way for kids to learn all gymnastics events: vault, bars, beam, floor and rings while building their confidence and strength. Students will learn balance, coordination and flexibility that will benefit them as they grow and their performance in other sports and activities. *No class: 11/20.

Aerial Butterflies LLC		Wardlow Park			
28144	4-12 Yrs	9/1-9/29	11:15 a.m.-noon	Sa	\$65
28147	4-12 Yrs	9/4-9/25	3:45-4:30 p.m.	Tu	\$65
28145	4-12 Yrs	9/29-10/20	11:15 a.m.-noon	Sa	\$65
28148	4-12 Yrs	10/2-10/23	3:45-4:30 p.m.	Tu	\$65
28146	4-12 Yrs	10/27-11/17	11:15 a.m.-noon	Sa	\$65
28149	4-12 Yrs	10/30-11/27*	3:45-4:30 p.m.	Tu	\$65

GYMNASTICS- INTERMEDIATE

Boys and girls recreational gymnastics is a fun way for kids to learn all gymnastic events: vault, bars, beam, floor and rings while building their confidence and strength. They will learn balance, coordination and flexibility that will benefit them as they grow and their performance in other sports and activities. Intermediate prerequisite: ability to perform cartwheel, pull up and vault squat on. *No class: 11/20.

Aerial Butterflies LLC		Wardlow Park			
28150	6-17 Yrs	9/4-9/25	4:30-5:30 p.m.	Tu	\$65
28151	6-17 Yrs	10/2-10/23	4:30-5:30 p.m.	Tu	\$65
28152	6-17 Yrs	10/30-11/27*	4:30-5:30 p.m.	Tu	\$65

HORSE FUN FOR KIDS

Students are taught basic horsemanship, safety, riding, grooming and leading. This class will prepare participants for individual lessons and give them a sense of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Parent participation is required, no unregistered siblings allowed. Material Fee: \$25. El Rodeo Stables is located at 4449 Carbon Canyon Road, Brea. *No class: 11/24.

Fun With Horses		El Rodeo Stables			
27981	7-12 Yrs	9/8-9/29	2-3 p.m.	Sa	\$85
27982	7-12 Yrs	10/6-10/27	2-3 p.m.	Sa	\$85
27986	7-12 Yrs	11/3-12/1*	2-3 p.m.	Sa	\$85

INDOOR VOLLEYBALL

Like volleyball? Trying to make your school team? Want to practice your setting? Want to get better or just play to have fun? Here is your chance! Learn the rules and improve your skills through drills and scrimmages. Walk in fee available.

Phil Martin		Pan American Park			
28103	10-17 Yrs	9/9-11/18	4:30-6 p.m.	Su	\$36

JUJITSU

Self defense for children. Students learn throws, locks, and holds and develop listening, coordination, and confidence. One on one instruction for beginners and advanced students. For more information please visit: www.LakewoodBudoKai.com. New students start the first Monday or Wednesday of each month. Award-winning instructor with over 35 years in Long Beach. *No class: 9/24, 10/22,11/21, 11/23 & 11/26.

Russell Kelley		Whaley Park			
28044	6-12 Yrs	9/5-9/28*	6-7 p.m.	M W F	\$45
28045	6-12 Yrs	10/1-10/29	6-7 p.m.	M W F	\$45
28046	6-12 Yrs	11/2-11/30*	6-7 p.m.	M W F	\$45

SCHOOLS OF SELF DEFENSE-MIXED MARTIAL ARTS (UPPER)

Get safe learning mixed martial arts. Students will learn Muay Thai, wrestling and Brazilian Jujitsu. Students will become disciplined through muscle memory and endurance training. Uniforms are available for \$35. Testing fee is \$50.

Michael J. Rice		El Dorado Park West			
28097	6-17 Yrs	9/6-9/28	7-8 p.m.	Th F	\$50
28098	6-17 Yrs	10/4-10/26	7-8 p.m.	Th F	\$50
28099	6-17 Yrs	11/1-11/30	7-8 p.m.	Th F	\$50

SCHOOLS OF SELF DEFENSE-MIXED MARTIAL ARTS (WHITE)

Get safe learning mixed martial arts. Students will learn Muay Thai, wrestling and Brazilian Jujitsu. Students will become disciplined through muscle memory and endurance training. Uniforms are available for \$35. Testing fee is \$50.

Michael J. Rice		El Dorado Park West			
28100	6-17 Yrs	9/6-9/28	6-7 p.m.	Th F	\$50
28101	6-17 Yrs	10/4-10/26	6-7 p.m.	Th F	\$50
28102	6-17 Yrs	11/1-11/30	6-7 p.m.	Th F	\$50

SHOTOKAN KARATE

Shotokan is a Japanese karate developed from various martial arts of "empty hand" fighting. Shotokan style begins with humility. Shotokan is self defense karate and discipline of the mind. Students of will develop valuable self defense skills, self control, self discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). *No class: 10/12 & 10/19.

Antonio Silva				Bixby Park
27956	7-17 Yrs	9/1-9/29	6-7 p.m.	F Sa \$40
27957	7-17 Yrs	10/5-10/27*	6-7 p.m.	F Sa \$40
27958	7-17 Yrs	11/2-11/30	6-7 p.m.	F Sa \$40



SKATEBOARDING

Whether you are just learning or ready to learn advanced tricks, this class is right for you! Make new friends, advance your skills and most importantly have fun in our private skatepark! Requirement: A signed Skatedogs waiver form, a "trick" skateboard, knee pads, elbow pads and a helmet. Visit skatedogs.com to view our online skateboard customizer and learn more about what type of skateboard to bring.

Adam Cohen				Heartwell Park
27437	5-13 Yrs	9/8-10/13	9-10:30 a.m.	Sa \$150
27438	5-13 Yrs	10/20-11/24	9-10:30 a.m.	Sa \$150

SKATEDOGS COMPETITION SERIES

This program is for all levels but skaters should know the fundamentals first. Each week you will practice and compete in tons of fun skateboarding events. Includes trophy, a custom t-shirt, pizza party and award ceremony. Requirements: a signed Skatedogs waiver form, a skateboard, elbow pads, knee pads and a helmet. *No class: 11/11 & 11/25. Oak Middle School is located at 10821 Oak St., Los Alamitos.

Adam Cohen				Oak Middle School
27434	5-13 Yrs	10/21-12/9*	1-3 p.m.	Su \$215

SOCCER 1- TECHNIQUES AND TEAMWORK

Players will learn dribbling, passing, receiving, shooting and more. Fun skill games are played at every session and every participant will have a ball at their feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. All participants will receive a Kidz Love Soccer jersey.

Kidz Love Soccer				Good Neighbor Park
28084	5-6 Yrs	9/14-11/2	3:55-4:40 p.m.	F \$113
28085	5-6 Yrs	9/22-11/10	11:05-11:50 a.m.	Sa \$113
Kidz Love Soccer				College Estates Park
28086	5-6 Yrs	9/22-11/10	11:15 a.m.-noon	Sa \$113

SOCCER 2: SKILLZ & SCRIMMAGES

Kidz will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will include scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. Shin guards are required after the first meeting. All participants receive a Kidz Love Soccer jersey.

Kidz Love Soccer				College Estates Park
28087	7-10 Yrs	9/22-11/10	noon-12:45 p.m.	Sa \$113



TRADITIONAL KARATE - BEGINNING TO INTERMEDIATE

Students will learn the traditional Japanese style of karate, Ito-su-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Free uniform for first time students. *No class: 9/26.

David Crockett				El Dorado Park West.
27974	5-14 Yrs	9/1-11/24	10-11 a.m.	Sa \$130
David Crockett				Recreation Park
27973	5-14 Yrs	9/5-11/28*	4:30-5:30 p.m.	W \$130

TRADITIONAL KARATE - INTERMEDIATE TO ADVANCED

Students will learn the traditional Japanese style of karate, Ito-su-Ryu. Emphasis on self-discipline, manners and respect. Testing is done on an individual basis. Free uniform for first time students. Students must have achieved a purple belt or higher in Itosu-Kai. Registration includes access to all other Itosu-Kai classes, both Saturday and Wednesday. *No class: 9/26.

David Crockett				El Dorado Park West
27975	5-16 Yrs	9/1-11/24	9-10 a.m.	Sa \$140
David Crockett				Recreation Park
27976	5-16 Yrs	9/5-11/28*	5:30-6:30 p.m.	W \$140

YOUTH ICE HOCKEY

Learn basic skills necessary to play ice hockey, one of the fastest growing So. Cal High School Varsity sports. No sticks or pucks yet. Class fee includes skate rentals, half hour of instruction and free practice session on your registered class day. Practice session time: Th 3-5:30 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. Prerequisite: four weeks in Beginning Ice Skating and upon instructor evaluation/approval. Pre-registration is required. The Rinks Lakewood Ice is located at 3975 Pixie Ave., Lakewood.

Ice Management LLC.				The Rinks Lakewood Ice
28031	7-18 Yrs	8/30-9/20	5:30-6 p.m.	Th \$45
28034	7-18 Yrs	9/1-9/22	11:15-11:45 a.m.	Sa \$45
28032	7-18 Yrs	9/27-10/18	5:30-6 p.m.	Th \$45
28035	7-18 Yrs	9/29-10/20	11:15-11:45 a.m.	Sa \$45
28033	7-18 Yrs	10/25-11/15	5:30-6 p.m.	Th \$45
28036	7-18 Yrs	10/27-11/17	11:15-11:45 a.m.	Sa \$45

SIGN UP NOW FOR THE LONG BEACH YOUTH SPORTS PROGRAM

Season begins the week of September 17

On-line registration: July 30-August 31 • Walk in registration: July 30-September 6
Uniform Fee: \$10 required upon registration • Scholarships available

COED AND BOYS FLAG FOOTBALL



COED AND GIRLS VOLLEYBALL



Admiral Kidd Park

2125 Santa Fe Ave
562.570.1600

Bixby Park

130 Cherry Ave.
562.570.1601

Cesar E. Chavez Park

401 Golden Ave.
562.570.8890

Cherry Park

1901 E. 46th St.
562.570.3150

College Estates Park

808 Stevely Ave.
562.570.3150

Coolidge Park

352 Neeces St.
562.570.1618

Davenport Park

2910 E. 55th Way
562.570.3150

DeForest Park

6255 DeForest Ave.
562.570.1620

Drake Park

951 Maine Ave.
562.570.1625

El Dorado Park West

2800 Studebaker Rd.
562.570.3225

Houghton Park

6301 Myrtle Ave.
562.570.1640

MacArthur Park

1321 Anaheim St.
562.570.1655

Martin Luther King Jr. Park

1950 Lemon Ave.
562.570.4405

McBride Park

1550 M.L. King Jr. Blvd.
562.570.1605

Miracle on 4th Street Park

1518 E 4th St
562.570.1786

Orizaba Park

2937 E. 14th St.
562.570.1427

Pan American Park

5157 Centralia St.
562.570.1662

Ramona Park

3301 E. 65th St.
562.570.1665

Seaside Park

14th St. at Chestnut Ave.
562.570.5162

Scherer Park

4600 Long Beach Blvd.
562.570.1674

Stearns Champions Park

4520 E. 23rd St.
562.570.1685

Silverado Park

1545 W. 31st St.
562.570.1675

Somerset Park

1500 E. Carson St.
562.570.1690

Veterans Park

101 E. 28th Street
562.570.1695

Wardlow Park

3457 Stanbridge Ave.
562.570.1706

Whaley Park

5620 Atherton St.
562.570.1710

WRAP Sites 562.570.3530

Burbank Elementary

501 Junipero Ave

Edison Elementary

625 Marine Ave.

Garfield Elementary

2240 Baltic Ave.

Grant Elementary

1225 E. 64th St.

Herrera Elementary

1620 Temple Ave.

Hudson (Kinder-8)

2335 Webster Ave.

King Elementary

145 E. Artesia Blvd.

Lafayette Elementary

2445 Chestnut Ave.



For more information, call the Long Beach Parks, Recreation and Marine Youth Sports Office at (562) 570-1707. Visit us on our official Long Beach Sports Website @ teamsideline.com/longbeach Click under Youth Sports for more information.

The City of Long Beach Youth Sports Program is free to all participants and consists of a variety of sports opportunities throughout the year for boys and girls ages 5-14 years (born 2004-2013).

Participants register individually and are placed on teams at Long Beach parks. This nine week season emphasizes fun and the four pillars of our Youth Sports Program: sportsmanship, fundamentals, health and wellness and perseverance.

TEEN CLASSES

ENRICHMENT

DRIVER'S EDUCATION

California required course to obtain driver's permit. Course is fun and interactive; includes parental involvement. Coursework can be completed at any time of day or night. DMV accepted completion certificates with successful completion. Driving not included.

All Good Driving School, Inc.

27475	14-18	9/1-9/30	\$40
27476	14-18	10/1-10/31	\$40
27477	14-18	11/1-11/30	\$40

UNDERSTANDING THE UC PERSONAL INSIGHT QUESTIONS

Applying to the University of California? This class helps students understand the writing portion of the application. We will discuss the Personal Insight Questions and brainstorm topic ideas. Seniors and transfer students will learn what makes a great story and where to find one. Sophomores and juniors will learn why their activities play a key role in the application process, and how to seek out opportunities for leadership and personal growth. Bring a resume or activities list to class. Los Alamitos Community Center located at: 10911 Oak St., Los Alamitos.

Alison Cotter

Los Alamitos Community Center

27435	15-20	9/12-9/12	6-8 p.m.	W	\$35
27436	15-20	10/11-10/11	6-8 p.m.	Th	\$35

SPORTS

B-BALLERS HOOP SCHOOL

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Material Fee: \$20. Wilson High is located at 4400 E. 10th St., Long Beach.

B-Ballers Hoop School

Wilson High School Gym

27484	9-15	9/9-9/30	4-5 p.m.	Su	\$65
27485	9-15	10/7-10/28	4-5 p.m.	Su	\$65
27486	9-15	11/4-11/25	4-5 p.m.	Su	\$65

GAME TIME BASKETBALL TEAM PLAY

Coach Greg and his coaches will help your player develop teamwork, confidence, and fundamental basketball skills such as dribbling, passing, shooting, ball handling, footwork, and defense. It offers intense, real-world guidance for those ready to skyrocket their game, but adds fun for those who just love the game. Material Fee: \$20. Newcomb Academy is located at 3351 Val Verde Ave., Long Beach.

B-Ballers Hoop School.

Newcomb Academy

27487	8-17	9/8-9/29	12:30-2 p.m.	Sa	\$65
27488	8-17	10/6-10/27	12:30-2 p.m.	Sa	\$65

SKATE PARKS

Long Beach Parks, Recreation and Marine



For info and Park rules visit: www.lb parks.org

BIXBY PARK



**MICHAEL GREEN
SKATE PARK AT
14TH ST.**

**EL DORADO
WEST**

MCKRIDE PARK

HOUGHTON



DRAKE PARK

ORIZABA PARK

SILVERADO PARK



recreational activities • tournaments • fitness classes

homework assistance • volunteer opportunities • meet new friends •

Teen Centers

Freeman Community

1205 Freeman Ave.

Houghton Park

6301 Myrtle Ave.

Cesar Chavez Park

401 Golden Ave.

Mc Bride Park

1550 Martin Luther King Jr. Ave.

Silverado Park

1545 W. 31St.



**Long Beach Parks, Recreation
and Marine
www.lbparks.org**

recreational activities • tournaments • fitness classes

Halloween 2018

October 27:

El Dorado Nature Center Howl-oween Festival, 2 - 6 p.m. Last Trail Entry - 5 p.m.
Trick-or-treat along the trails and visit the animal education village and Ooh-possum Patch, have fun with storytelling, face painting, and crafts.
Food trucks available. Parking is \$7, and a suggested donation of \$5 to support Partners of Parks/Friends of El Dorado Nature Center at the gate.
Dress as your favorite creature and mingle with ours.

October 29-31

Come by **Chavez and Drake Parks** from 3:30-5:30 p.m.,
for after-school Halloween fun (5-12yrs)

October 30

Veterans Park Halloween Bash on from 6 - 8:30 p.m.

October 31

Bixby Park Monster Mash Dance Contest & Costume Contest, Call for time.

Freeman Teen Center Monster Mash Dance Contest & Costume Contest, Call for time.

Long Beach Senior Center Trick O' treating, costume contest & karaoke, singing the Boos! Call for time.

Seaside Park Halloween Celebration from 5-8 p.m.

Silverado Park Halloween activities from 3-6 p.m.

Visit www.LBParks.org
for more information.



Fall Fun Days

Children can have fun at their local park during the Thanksgiving week school break. Several parks will be open November 19, 20 and 21 from 11 a.m. – 5 p.m. for games, arts and crafts, tournaments, cooking, movies, holiday celebrations and more.

Visit <http://www.longbeach.gov/park/recreation-programs/programs-and-classes/youth-and-teen-programs/> for program descriptions and schedules.

Parks

Admiral Kidd	2125 Santa Fe Ave.	570.1600
Bixby	130 Cherry Ave.	570.1601
Chavez	401 Golden Ave.	570.8890
Coolidge	352 Neece St.	570.1618
Drake	951 Maine Ave.	570.1625
Houghton	6301 Myrtle Ave.	570.1640
M.L. King Jr.	1950 Lemon Ave.	570.4405
McBride	1550 M. L. King Jr. Blvd.	570.1605
Orizaba	1435 Orizaba Ave.	570.1427
Pan American	5157 Centralia Ave.	570.1660
Ramona	3301 E. 65th St.	570.1665
Seaside	1401 Chestnut Ave.	572.5126
Silverado	1545 W. 31st St.	570.1675
Somerset	1500 E. Carson St.	570.1690
Stearns Champions	4520 E. 23rd St.	570.1685
Veterans	101 E. 28th St.	570.1695
Wardlow	3457 Stanbridge Ave.	570.1706
Whaley	5620 Atherton St.	570.1710



ADULT CLASSES

ART AND CULTURAL

BEGINNING DIGITAL PHOTOGRAPHY

A class for owners of digital cameras with adjustable aperture and shutter. Learn about focusing, exposure, white balance, ISO, and lenses to make better photographs of your favorite subjects. Also learn about mega pixels, memory cards, jpeg and raw files. Bring camera and owner's manual. Material Fee \$5. Saturday field session: 9/29 from 9:30-11:30 a.m.

Craig Fucile El Dorado Park West
28238 16 Yrs+ 9/10-10/15 7-9 p.m. M \$65

BEGINNING SEWING - THE APRON

Make an apron and optional potholder while learning skills such as machine use and maintenance, cutting, following pattern instructions and basic sewing techniques. Learn about textiles, sewing tools and equipment. Class fee includes the pattern and use of sewing machine. No prior sewing experience needed. Visit www.sewvac ltd.com for supply list. Students 16-17 years old must be accompanied by an enrolled adult. Sew Vac Limited is located at 1762 Clark Ave., Long Beach. *No class: 10/13, 10/15, 11/5, 11/19.

Sew Vac Inc.			Sew Vac Limited		
28491	18 Yrs+	9/22-10/27*	2 -4:30 p.m.	Sa	\$59
28492	18 Yrs+	10/5-11/2	2-4:30 p.m.	F	\$59
28493	18 Yrs+	10/8-11/26*	6:30-9 p.m.	M	\$59



BEGINNING SEWING - THE TOTE BAG

Make a roomy zippered tote bag with lots of pockets while learning sewing skills such as rotary cutting, using a sewing machine, zipper insertion, seam finishing and pressing. Fee includes pattern and use of a sewing machine. Please visit www.sewvac ltd.com for supply list. Sew Vac Limited is located at 1762 Clark Ave., Long Beach. *No class: 10/31, 11/7.

Sew Vac Inc.			Sew Vac Limited		
28494	18 Yrs+	10/1-11/12*	6-9 p.m.	M	\$69

BEYOND BEGINNING SEWING

This class is designed for students with basic sewing skills and experience following a pattern. Students will make a tunic top, adult or children's pajama bottoms, skirt or kimono robe learning additional skills such as inserting sleeves, seam finishing and attaching facings. Fee includes pattern and use of sewing machine. Please visit www.sewvac ltd.com for supply list. Sew Vac Limited is located at 1762 Clark Ave., Long Beach.

Sew Vac Inc.			Sew Vac Limited		
28495	18 Yrs+	9/14-9/28	2-5 p.m.	F	\$45

CERAMICS WORKSHOP

Learn basic ceramics techniques: coiling, slabbing, wheel, glazing, mold making and sculpture. All skill levels welcome. Bring notepad, pencil and material fee to first class. Additional supplies will be needed, instructor will provide the list. Materials fee - Eight week class: \$25, four week class: \$15.

Anita Sinclair				Bixby Park	
28224	18 Yrs+	9/2-10/21	12:30-3:30 p.m.	Su	\$50
28222	18 Yrs+	9/3-10/22	9 a.m.-noon	M	\$50
28226	18 Yrs+	9/5-10/24	6-9 p.m.	W	\$50
28225	18 Yrs+	11/4-11/25	12:30-3:30 p.m.	Su	\$25
28223	18 Yrs+	11/5-11/26	9 a.m.-noon	M	\$25
28227	18 Yrs+	11/7-11/28	6-9 p.m.	W	\$25
Anita Sinclair				DeForest Park	
28232	18 Yrs+	9/4-10/23	6-9 p.m.	Tu	\$50
28233	18 Yrs+	11/6-11/27	6-9 p.m.	Tu	\$25



DRAWING FUNDAMENTALS

Yes, you CAN learn to draw. It is a skill that everyone can learn with practice. In this course, you will learn how to draw through a series of skill based focused exercises. You will learn contour line, positive/negative space, value, perspective, shading, composition, and more.

Anita Sinclair				Bixby Park	
28228	18 Yrs+	9/3-10/22	12:30-3:30 p.m.	M	\$50
28229	18 Yrs+	11/5-11/26	12:30-3:30 p.m.	M	\$25

FAST QUILT

Now is the time to learn how to quilt using your sewing machine. Make new friends and learn how to quilt. Material list at first meeting. Must bring your own sewing machine to class. *No class: 12/19.

Sandra Szladek				Wardlow Park	
28479	16 Yrs+	9/19-10/24	6:30-9 p.m.	W	\$33
28480	16 Yrs+	11/7-12/19*	6:30-9 p.m.	W	\$33

KNITTING AND CROCHET - BEGINNING AND BEYOND

Beginning or beyond, simple or spectacular. Learn or continue to knit or crochet in a welcoming and relaxed atmosphere. You will be delighted and inspired by all of the options waiting for you in the world of yarn. You can choose to advance current skills to take your knitting/crocheting to the next level. Material fee: \$20-\$30. Alamitos Bay Yarn Company is located at 174 Marina Dr.

Sandra Carter				Alamitos Bay Yarn Company	
28476	18 Yrs+	9/11-10/2	6-7:30 p.m.	Tu	\$55
28477	18 Yrs+	10/16-11/6	6-7:30 p.m.	Tu	\$55

20 SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB

NUTS AND BOLTS OF QUILTING

Learn to quilt (or improve your quilting skills) by making a wall hanging or table runner. The skills you will learn include: rotary cutting, piecing, sandwiching and binding a quilt, and elementary machine quilting which will provide the foundation for all types of quilting. No prior sewing experience is required. Fee includes instructions and use of a sewing machine. Sew Vac Limited is located at 1762 Clark Ave., Long Beach. *No class: 9/27 & 10/11.

Sew Vac Inc.				Sew Vac Limited
28490	18 Yrs+	9/13-11/1	6-9 p.m.	Th \$69



OIL PAINTING

Representational oil painting from observation. All skill levels welcome. We will focus on techniques, skill building, color mixing, composition and conceptual skills.

Anita Sinclair				Bixby Park
28230	18 Yrs+	9/2-10/21	9 a.m.-noon	Su \$50
28231	18 Yrs+	11/4-11/25	9 a.m.-noon	Su \$25

PORTRAIT WORKSHOP

Draw or paint live models with our national award winning artist instructor. Beginners through advanced students are welcome. Bring medium of choice: pencil, charcoal, pastel, oil or watercolor. Simple easels and drawing horses are provided. Demos and one-on-one instruction are provided. Model fee: \$5 each class. Also one time \$5 material fee payable to instructor at the first day of class. Los Alamitos Community Center is located at 10911 Oak St., Los Alamitos. Additional parking in Super Media parking lot (Katella & Civic Center Dr.). * No class: 10/13 & 10/20.

Ying Liu				Los Alamitos Community Center
28511	16 Yrs+	9/8-11/10*	9 a.m.-noon	Sa \$80

SEWING MACHINE BOOT CAMP

Do you have a sewing machine you don't know how to use or are afraid to use? Learn how to use and maintain it and find out what all the knobs, buttons and accessories do. Please visit: www.sewvac ltd.com to download the supply list. No toy machines or sergers. Sew Vac Limited is located at 1762 Clark Ave., Long Beach.

Sew Vac Inc.				Sew Vac Limited
28487	18 Yrs+	9/15-9/15	1:30-4:30 p.m.	Sa \$30
28488	18 Yrs+	10/16-10/16	6-9 p.m.	Tu \$30
28489	18 Yrs+	11/3-11/3	1:30-4:30 p.m.	Sa \$30

TRANSFORMING YOUR PHOTO INTO A BEAUTIFUL PAINTING

Ever wanted to create a painting from your photos - from a trip or of your family/friends? Students will observe and participate in the process of creating a painting from photos. The instructor will demonstrate how a painting is primarily developed in oil, but also in watercolor or pastel. Bring your own painting gear and materials, including your favorite photos. Los Alamitos Community Center is located at 10911 Oak St., Los Alamitos. Additional parking in Super Media parking lot (Katella & Civic Center Dr.). *No class: 10/10 & 10/17.

Ying Liu				Los Alamitos Community Center
28512	16 Yrs+	9/12-10/24*	6:30-9:30 p.m.	W \$86

CAREER ENRICHMENT

VOICE OVERS - NOW IS YOUR TIME!

You've heard Wendy Shapero on TV! (Robot Chicken with Seth Green, Cartoon Network shows, etc.) Now hear Wendy live as she illustrates how you could actually begin using your speaking voice for commercials, films and videos! New companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for!

Such A Voice				El Dorado Park West
28496	18 Yrs+	10/18-10/18	6:30-8:30 p.m.	Th \$45

COMPUTERS

IPHONES, IPADS, I'M LOST

There is so much more to do with an iPhone and iPad besides making phone calls. Learn how to add apps, access hidden features, use the camera, check your backups and more. This class is for Apple models only. Workbook material fee: \$20. Los Alamitos Community Center is located at 10911 Oak St., Los Alamitos.

Robert Cohen				Los Alamitos Community Center
28215	18 Yrs+	10/9	9 a.m.-noon	Tu \$42

DANCE

2 STEP AND SWING

Grab your boots and come learn the latest country dance patterns. You'll also swing in this class. No partner or experience needed. Weingart Senior Center is located at 5220 Oliva Ave., Lakewood. No class 10/3.

Janet Karter				Weingart Senior Center
27538	18 Yrs+	9/12-10/24	7-8 p.m.	W \$34
27539	18 Yrs+	11/7-12/12	7-8 p.m.	W \$34

ADULT HIP HOP

A fast paced class to get dancers on their feet and groovin'! Students will learn street style dance and a funky hip hop routine. Always fresh choreography each session. At session's end we'll perform a show. Tennis shoes needed for class. For more information visit: www.anepennypackerdance.com. Marina Community Center is located at 151 Marina Dr., Seal Beach. *No class: 9/5 & 11/21.

Anne Pennypacker				Marina Community Center
27929	18 Yrs+	8/22-9/19*	6:30-7:15 p.m.	W \$57
27935	18 Yrs+	9/26-10/24	6:30-7:15 p.m.	W \$67
27936	18 Yrs+	11/7-12/5*	6:30-7:15 p.m.	W \$57

ALMOST BALLET

Learn to dance at any age. Class includes warm-ups, stretching, floor exercises, pilates, cool down and relaxation exercises. Please bring a mat and wear ballet slippers or socks. Fee per person, per class.

Mildred Caudillo				El Dorado Park West
28461	18 Yrs+	9/7-9/28	10-11:15 a.m.	F \$10
28462	18 Yrs+	10/5-10/26	10-11:15 a.m.	F \$10
28463	18 -Yrs+	11/2-11/30	10-11:15 a.m.	F \$10

ARGENTINE TANGO

Friendly and patient instruction awaits for this beginner class. 8-count basic, ochos (forward/back), turns and walks. Partner is recommended. Fee per person, per class.

Mildred Caudillo		Wardlow Park			
28464	18 Yrs+	9/7-9/28	6:45-8:30 p.m.	F	\$10
28465	18 Yrs+	10/5-10/26	6:45-8:30 p.m.	F	\$10
28466	18 Yrs+	11/2-11/30	6:45-8:30 p.m.	F	\$10

BEGINNING TAP WITH PAT

A fun way to build coordination and rhythm. Also a good way to relieve stress while staying in shape. A short routine will be taught along with the basics. *No class: 11/22.

Pat Dolezal		Recreation Park			
28199	18 Yrs+	9/13-10/11	6:30-7:15 p.m.	Th	\$42
28200	18 Yrs+	10/25-11/29*	6:30-7:15 p.m.	Th	\$42

CONTINUING TAP WITH PAT

This class goes beyond the basics and is for those who have some experience with tap. You will learn challenging new steps and combinations. *No class: 11/22.

Pat Dolezal		Recreation Park			
28201	18 Yrs+	9/13-10/11	7:30-8:15 p.m.	Th	\$42
28202	18 Yrs+	10/25-11/29*	7:30-8:15 p.m.	Th	\$42

BELLY DANCE

A fun fitness and energizing dance. Burn calories, reduce stress, increase self-esteem, and trim/tone your body with graceful movements. Strengthen back and stomach muscles, improve stamina and flexibility to exotic music. The beginning class meets at 6:15 p.m., intermediate meets at 7:30 p.m. and advanced meets at 8:45 p.m.

Fahtiem		Wardlow Park			
28433	14 Yrs+	9/10-10/8	6:15-7:15 p.m.	M	\$39
28435	14 Yrs+	9/10-10/8	7:30-8:30 p.m.	M	\$39
28437	14 Yrs+	9/10-10/8	8:45-9:45 p.m.	M	\$39
28434	14 Yrs+	10/22-11/19	6:15-7:15 p.m.	M	\$39
28436	14 Yrs+	10/22-11/19	7:30-8:30 p.m.	M	\$39
28438	14 Yrs+	10/22-11/19	8:45-9:45 p.m.	M	\$39

LATIN DANCE

Caliente! Spice up your next time on the dance floor with hot moves from salsa, cha cha, rumba and more! For more information visit: www.annepennypackerdance.com. Marina Community Center is located at 151 Marina Dr., Seal Beach.

Anne Pennypacker		Marina Community Center			
27947	18 Yrs+	9/26-10/24	7:15-8 p.m.	W	\$67

LINE DANCING

This class is sure to bring out the country in you. Come and meet new people. No partner or experience needed. Line dancing is fun to do at parties. Weingart Senior Center is located at 5220 Oliva Ave., Lakewood. *No class: 10/3.

Janet Karter		Weingart Senior Center			
27540	18 Yrs+	9/12-10/24*	6-7 p.m.	W	\$34
27541	18 Yrs+	11/7-12/12	6-7 p.m.	W	\$34

WEDDING SURVIVAL

Whether getting married, mother/son, father/daughter or simply attending a wedding, this class will prepare you to look your best on the dance floor! For more information visit: www.annepennypackerdance.com. Marina Community Center is located at 151 Marina Dr., Seal Beach.

Anne Pennypacker		Marina Community Center			
27948	18 Yrs+	8/23-9/13	6:45-7:15 p.m.	Th	\$48
27950	18 Yrs+	9/27-10/18	6:45-7:15 p.m.	Th	\$48

WEST COAST, NIGHTCLUB AND MORE!

This class will get you and your partner dancing swinging styles of rhythm dances from the west coast to the east coast! Music from blues to big band or popular fast music of today, you'll be a star on all the dance floors! For more information visit: www.annepennypackerdance.com. Marina Community Center is located at 151 Marina Dr., Seal Beach. *No class: 9/5.

Anne Pennypacker		Marina Community Center			
27949	18 Yrs+	8/22-9/19*	7:15-8 p.m.	W	\$57
28392	18 Yrs+	11/7-11/21*	7:15-8 p.m.	W	\$57

DOG TRAINING

BEGINNING DOG OBEDIENCE

Help your dog become a well-mannered member of the family without the use of food in training. All breeds, 5 months and older (large breeds 4 months), may enroll. AKC Novice obedience exercises and behavior problem solving. Trophies and certificates awarded at graduation. First meeting without dogs. Bring shot records and lawn chair. Fee is per dog. One dog per handler. For more information visit: www.dogclassinfo.com or (714) 532-3647. Material fee: \$10. San Martin Park is located at 5231 Ocana Ave., Lakewood. *No class: 10/30.

Dog Services Unlimited		El Dorado Park Hockey Court			
28414	10 Yrs+	9/27-11/8	7:45-8:45 p.m.	Th	\$98
Dog Services Unlimited		San Martin Park			
28415	10 Yrs+	9/25-11/13*	7:30-8:30 p.m.	Tu	\$98

DOG MANNERS "CRASH COURSE"

Accomplish your dog-training goals in just four 75-minute lessons. Dogs attend all classes. Pre-register so instructor can brief you before the first meeting. Obedience commands include: heel on leash, sit and down on command, stay with distractions, and come when called. Bring \$5 insurance fee and shot records. Questions? Call Dog Services: (714)532-3647 or www.DogClassInfo.com. Laurel Park is located at 10862 Bloomfield St., Los Alamitos.

Dog Services Unlimited		Laurel Park			
28418	10 Yrs+	9/13-10/4	6-7:15 p.m.	Th	\$86
Dog Services Unlimited		El Dorado Park, Hockey Court			
28417	10 Yrs+	10/13-11/3	1-2:15 p.m.	Sa	\$86



DOG-FRISBEE FUN!

In this one-day workshop your dog can start learning the sport of Disc-Dog Toss-N-Fetch! Instructor David Procida will teach proper Frisbee throwing techniques, safety, and introduce you to some fun stunts, including spins and weaving through your legs. Bring vaccination records and \$5 materials fee (Includes Frisbee). Dogs 5 months and older. Photos/info: www.DogClassInfo.com. After registration, please call Dog Services at (714) 532-3647 with your dog's name, breed and age.

Dog Services Unlimited		El Dorado Park West Hockey Court			
28416	10 Yrs+	10/14-10/14	4-5:30 p.m.	Su	\$28

PUPPY KINDERGARTEN

Pups ages 2-5 months will learn socialization and basic commands: sit, stay, come, and walk nicely on a leash. Includes help with puppy behavior problems (chewing/teething, housebreaking, jumping, etc.). First meeting without puppies. Bring a lawn chair, current shot records and \$10 material fee (includes a training manual). For more information please visit: www.dogclassinfo.com or call (714) 532-3647.

Dog Services Unlimited	El Dorado Park West
28419 10 Yrs+ 9/29-11/3	12-1 p.m. Sa \$88

ENRICHMENT

BRIDGE 1 - BEGINNING

Learn the basics of a great mental sport. Develop skills and techniques applicable to social and duplicate bridge classes. Visit www.longbeachbridge.com. Long Beach Bridge Club is located at 4782 East Pacific Coast Highway, behind shopping center at Ximeno. Free Parking!

Bridge Brigade Inc.	Long Beach Bridge Club
28234 13 Yrs+ 10/1-11/26	9:30-11:30 a.m. M \$50
28236 13 Yrs+ 10/4-11/22	7-9 p.m. Th \$50

BRIDGE 2 - ADVANCED

For people who already know how to play bridge. We will review the basics and teach 2 over 1. Visit www.longbeachbridge.com. Long Beach Bridge Club is located at 4782 East Pacific Coast Highway, behind shopping center at Ximeno. Free Parking!

Bridge Brigade Inc.	Long Beach Bridge Club
28235 13 Yrs+ 10/1-11/19	9:30-11:30 a.m. M \$50
28237 13 Yrs+ 10/4-11/22	7-9 p.m. Th \$50

Hundreds of classes available online

ed2go Online Classes
at www.lbparks.org

Classes Start Monthly

Sept

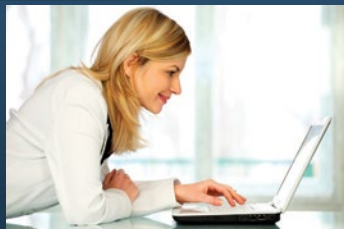
• 28641

Oct

• 28642

Nov

• 24643



ed2go topics include:

Computer skills for the workplace

Creating Webpages

Guiding Kids on the Internet

Microsoft Word, Excel, QuickBooks

Teaching with a Smart board

Speed Spanish Online

\$95 per class

Enroll online at lbparks.org • 562-570-3148

BUILD YOUR OWN 72 HOUR SURVIVAL BACKPACK

First responders recommend everyone have at least 72 hours of emergency supplies. In this class you will assemble your own Emergency Backpack, learn what to pack, and how to use the contents. Discussion will also include preparedness tips, creating a family communication plan, and building a commuter plan. Material Fee \$59. Los Alamitos Community Center is located at 10911 Oak St., Los Alamitos.

Jennifer Stewart-Tai	Los Alamitos Community Center
28450 18 Yrs+ 9/17	6:30-8:30 p.m. M \$89
28451 18 Yrs+ 10/11	6:30-8:30 p.m. Th \$89
28452 18 Yrs+ 11/5	6:30-8:30 p.m. M \$89

FASHION MAKEUP - A TWO PART SERIES

Part One: "Creating the Classic Face" for beginners, learn the fundamentals while creating the "Classic Face", a style for every day. Learn to apply foundation, eye shadows, eyeliners, mascara, powder, blush, and more. Part Two: "Creating the Glamorous Face" Transform the "Classic Face" into the "Glamorous Face" for special events. Techniques taught include; smokey eye, highlighting, contouring, and more. All products and supplies included for both parts of this series. For questions, contact instructor: rbnimis@yahoo.com.

Rodolfo Nimis	Heartwell Park
28471 16 Yrs+ 9/17-9/24	6:30-8:30 p.m. M \$66
28472 16 Yrs+ 10/8-10/15	6:30-8:30 p.m. M \$66
28473 16 Yrs+ 11/5-11/12	6:30-8:30 p.m. M \$66

INTRO TO IMPROV COMEDY

Learn the fundamentals of improv comedy through improvised scenes and theatre games. Emphasis on a creative, supportive environment making strong choices, spontaneity and increasing confidence. Expo Arts Center is located at 4321 Atlantic Blvd.

Darren Held	Expo Arts Center
28251 18 Yrs+ 9/6-10/25	7-9:15 p.m. Th \$195
28252 18 Yrs+ 9/15-10/20	10-1 p.m. Sa \$195

INTRO TO SKETCH WRITING

Have you ever wanted to write for the likes of Saturday Night Live or Key & Peele? Learn how to write a variety of sketches made for the stage with this introductory class. Discover writing a point of view for multiple characters, writing solo, monologues and collaborative writing. Write multiple sketches and share with your peers. Outside work required. Expo Arts Center is located at 4321 Atlantic Blvd.

Darren Held	Expo Arts Center
28253 18 Yrs+ 9/10-10/15	7-10 p.m. M \$195

FITNESS

40-30-20 INTERVAL TRAINING

A new body, a new you! Lose fat while increasing your strength, endurance, flexibility, and cardiovascular fitness with workouts that are fun and challenging. Become Lean, Agile, Strong and Toned during 40, 30, and 20 second Tabata Boot camp-style exercise intervals that change your body and give you lasting results. All fitness levels welcome. Bring mat. Walk-in fee available. *No class: 10/1 & 10/8.

Tami Santy	Recreation Park
28497 16 Yrs+ 9/10-10/22*	6-6:45 p.m. M \$55
28498 16 Yrs+ 10/29-11/26	6-6:45 p.m. M \$55

AEROBICS LITE

Great for starters! Great if you're getting back into exercise! Music has a slower tempo and aerobic moves are easy to follow. Bring a mat, light hand weights (1-5 lbs) and water. Walk in fee available.

Tracey Wiltse	Recreation Park
28505 18 Yrs+ 9/3-9/28	8:30-9:30 a.m. M W F \$35
28506 18 Yrs+ 10/1-10/31	8:30-9:30 a.m. M W F \$35
28507 18 Yrs+ 11/2-11/30	8:30-9:30 a.m. M W F \$35

B.L.A.S.T. TOTAL BODY FITNESS

This full-body workout boosts your metabolism, blasts away inches and helps you Become Lean, Agile, Strong and Toned with the perfect combination of strength, cardio and agility/sports movements. Body-weight exercises and fitness toys make this class fun and effective. All levels welcome. Bring dumbbells, resistance tube and mat. *No class: 10/2 & 10/9. Walk in fee available.

Tami Santy			El Dorado Park West		
28501	16 Yrs+	9/4-10/16	6-7 p.m.	Tu	\$55
28502	16 Yrs+	10/23-11/27	6-7 p.m.	Tu	\$66

CSI - CARDIO SCULPT LOW-IMPACT AEROBICS

CSI-Low Impact Aerobics says it all with a bit of Latin flavor! Increase cardio endurance, build core strength plus balance with mat pilates, weights and bands. Interval format Wednesday. All fitness levels. Bring mat water and weights. Walk-in fee available.

Marillynn Bodnar			El Dorado Park West		
28454	12 Yrs+	9/5-9/26	5:30-6:30 p.m.	M W	\$24
28457	12 Yrs+	10/1-10/31	5:30-6:30 p.m.	M W	\$24
28459	12 Yrs+	11/5-11/28	5:30-6:30 p.m.	M W	\$24

DYNAMIC HATHA YOGA FOR HEALTH AND WELLNESS

Dr. Arnette combines many styles of yoga for an enlivening and healing practice of yoga. His blend of ansana, breathing, meditation, vinyasa, knowledge, wisdom and insight creates a well-balanced and fun class! Come practice with us. Please bring an able body, mat, strap, blanket and blocks. Walk in fee available. *No class 11/22 & 11/23.

Dr. Allen Arnette and Lacey Marsac			Whaley Park		
28397	16 Yrs+	9/4-9/25	6-7:30 p.m.	Tu	\$44
28396	16 Yrs+	9/6-9/27	6-7:30 p.m.	Th	\$44
28408	16 Yrs+	9/4-9/27	6-7:30 p.m.	Tu Th	\$75
28515	16 Yrs+	10/2-10/30	6-7:30 p.m.	Tu	\$44
28513	16 Yrs+	10/4-10/25	6-7:30 p.m.	Th	\$44
28409	16 Yrs+	10/2-10/25	6-7:30 p.m.	Tu Th	\$86
28514	16 Yrs+	11/1-11/29*	6-7:30 p.m.	Th	\$44
28516	16 Yrs+	11/6-11/27	6-7:30 p.m.	Tu	\$44
28410	16 Yrs+	11/1-11/29*	6-7:30 p.m.	Tu Th	\$75

HATHA FLOW YOGA - USING A CHAIR AS A PROP

Yoga postures are made available to everyone when using a chair as a prop. A prop is a tool used in yoga to create optimal body alignment, and make specific actions or poses accessible to those who may not otherwise be able to perform the posture due to physical limitations or fatigue. This approach to yoga offers a full practice without the effort of getting up and down from the floor. We stand, sit, lie, move, bend and twist in these practices. Chairs are provided. Please bring: yoga mat, blanket, eye cover, strap and blocks. Walk in fee is available. *No class 11/22.

Dr Allen Arnette and lacey Marsac			Whaley Park		
28402	16 Yrs+	9/4-9/27	10:30 a.m.-noon	Tu Th	\$75
28519	16 Yrs+	9/6-9/27	10:30 a.m.-noon	Th	\$44
28636	16 Yrs+	9/4-9/25	10:30 a.m.-noon	T	\$44
28637	16 Yrs+	10/2-10/30	10:30 a.m.-noon	T	\$44
28638	16 Yrs+	11/6-11/27	10:30 a.m.-noon	T	\$44
28403	16 Yrs+	10/2-10/25	10:30 a.m.-noon	Tu Th	\$86
28520	16 Yrs+	10/4-10/25	10:30 a.m.-noon	Th	\$44
28521	16 Yrs+	11/1-11/29*	10:30 a.m.-noon	Th	\$44
28404	16 Yrs+	11/1-11/29*	10:30 a.m.-noon	Tu Th	\$75

FUSION PILATES CONDITIONING

A mix of mindful pilates, classical yoga and therapeutic stretching makes this class unique. We focus on core stability, natural alignment and relieving tension. You will feel revitalized! Bring a mat and water. Walk in fee available. For more information please visit: www.evelyngrauten.com. *No class: 9/14 & 11/23.

Evelyn Grauten			Recreation Park		
28170	18 Yrs+	9/5-9/28*	9:45-10:45 a.m.	W F	\$63
28172	18 Yrs+	10/10-11/2	9:45-10:45 a.m.	W F	\$72
28171	18 Yrs+	11/7-11/28*	9:45-10:45 a.m.	W F	\$54

KUNDALINI YOGA AND MEDITATION

Kundalini Yoga and Meditation is a process of self discovery. Learn skills to gain a strong immune and nervous system, vital glands and good circulation. The Meditations guide your awareness to create new mental, emotional and attitudinal patterns. With regular practice gain the tremendous benefits of vitality of body and clarity of mind.

Seventh Chakra Yoga			El Dorado Nature Center		
28481	16 Yrs+	9/2-9/30	11 a.m.-12:30 p.m.	Su	\$65
28483	16 Yrs+	10/7-10/28	11 a.m.-12:30 p.m.	Su	\$65
28484	16 Yrs+	11/4-11/25	11 a.m.-12:30 p.m.	Su	\$65

PILATES

Pilate integrates movements that work your entire body. Build strength, endurance and flexibility. Classes consist of mixed levels. Exercises adapted for beginners to advanced. Fun and hard-work, Pilates is a discipline that delivers. *No class: 11/19 & 11/21.

Elizabeth Markley			Bixby Park		
28427	16 Yrs+	9/10-10/1	6:30-7:30 p.m.	M	\$50
28430	16 Yrs+	9/12-10/10	6-7 p.m.	W	\$50
28428	16 Yrs+	10/8-10/29	6:30-7:30 p.m.	M	\$50
28431	16 Yrs+	10/17-11/7	6-7 p.m.	W	\$50
28429	16 Yrs+	11/5-11/26*	6:30-7:30 p.m.	M	\$38
28432	16 Yrs+	11/14-11/28*	6-7 p.m.	W	\$25

PILATES BARRE FITNESS

This is a new, popular form of fitness. Enjoy a series of core, leg and arm strengthening exercises using various Pilates equipment, provided by instructor and a portable balance barre. Walk-in fee available. Instructor has been teaching for over 16 years. For more information visit: www.evelyngrauten.com.

Evelyn Grauten			Recreation Park		
28176	18 Yrs+	9/5-9/26	11 a.m.-noon	W	\$40
28177	18 Yrs+	10/10-10/31	11 a.m.-noon	W	\$40
28182	18 Yrs+	11/7-11/28	11 a.m.-noon	W	\$40

PILATES ON THE BALL

A tough class, not for beginners. Take your strength, stamina and flexibility to new levels. Previous experience is helpful but not essential. Bring inflated, size appropriate, balance ball, mat, strap and a sense of humor. *No class: 11/19.

Elizabeth Markley			Bixby Park		
28420	16 Yrs+	9/10-10/1	7:30-8:30 p.m.	M	\$50
28421	16 Yrs+	10/8-10/29	7:30-8:30 p.m.	M	\$50
28422	16 Yrs+	11/5-11/26*	7:30-8:30 p.m.	M	\$50

POWER BARRE

Power Barre is a workout that tones your entire body improving balance and flexibility. Nonstop movements are performed at two tempos; faster intervals burn fat, the same motions at a slower pace build muscle. This method is influenced by classical dance, but this is not a dance class. Please visit www.jgparks martialarts.com. U.S. Taekwondo Academy is located at 12233 Centralia St., Lakewood.

Cynthia Markopolos			U.S. Taekwondo Academy		
28239	13 Yrs+	9/6-9/27	7:10-8 p.m.	M Th	\$65
28240	13 Yrs+	10/1-10/29	7:10-8 p.m.	M Th	\$65
28241	13 Yrs+	11/1-11/29	7:10-8 p.m.	M Th	\$65

POWER TAE FITNESS

Power Tae Fitness is a great workout to lose weight and tone your muscles. This class combines Taekwondo, cardio, boxing and cardio-weight movements done to high energy up beat music. Add this class to your weekly routine to see results you've been looking for. Visit www.jgpparksmartialarts.com. Class on Wednesday from 7:10-8 p.m., Saturday class from 8:30-9:20 a.m. The U.S. Taekwondo Academy is located at 12233 Centralia St., Lakewood.

Cynthia Markopolos		U.S. Taekwondo Academy			
28242	13 Yrs+	9/1-9/29	8:30-9:20 a.m.	W Sa	\$65
28243	13 Yrs+	10/3-10/27	8:30-9:20 a.m.	W Sa	\$65
28244	13 Yrs+	11/3-11/28	8:30-9:20 a.m.	W Sa	\$65

TAI CHI-QIGONG

A peaceful, ancient Chinese exercise that relaxes the mind and body through slow, controlled movements. It also helps enhance balance and memory. *No class: 11/6.

Howard Richner		Recreation Park			
28441	18 Yrs+	9/25-11/13*	7-8:30 p.m.	Tu	\$56
28442	18 Yrs+	11/27-12/11	7-8:30 p.m.	Tu	\$24

TAI CHI/CHI KUNG

Discover and activate your internal energy (chi) through soft flowing movements, meditation, breathing, posture and mind intent. Reduce stress, tone muscles, improve flexibility, increase energy and develop a greater sense of well-being.

Howard Richner		Bixby Park			
28443	18 Yrs+	9/6-11/8	7:30-8:30 p.m.	Th	\$56
28444	18 Yrs+	11/29-12/13	7:30-8:30 p.m.	Th	\$17

YOGA AND AFFIRMATIONS

Hatha yoga is a gentle, yet complete system of health and fitness that helps us attain optimum wellness and vitality. It includes deep breathing techniques, stretching exercises, positive affirmations and ends with a complete relaxation oneness with the body, mind and spirit. Please bring a yoga block and strap.

Irene Holsters		El Dorado Park West			
28446	18 Yrs+	9/10-10/15	6:45-8 p.m.	M	\$60
28448	18 Yrs+	9/12-10/17	6:45-8 p.m.	W	\$60
28447	18 Yrs+	10/22-11/26	6:45-8 p.m.	M	\$60
28449	18 Yrs+	10/24-11/28	6:45-8 p.m.	W	\$60

HEALTH

MEDITATIVE PAINTING IN NATURE

Bring out your inner artist and paint the great outdoor. Whether you are a beginning painter or an experienced painter, you will learn a different way of seeing and observing nature through meditation. Each class will begin with a simple meditation, then you will learn composition, simplification and mixing colors to create your painting. El Dorado Nature Center is located at 7550 Spring St. and class is held on the trails.

Gobind Boyes		El Dorado Nature Center trails			
27911	18 Yrs+	10/12-10/26	9 a.m.-noon	F	\$62

MUSIC

GUITAR - LEVEL I

Learn guitar in a pressure free environment. We will cover basic chords, strumming and the skills you need to play the songs you love. Acoustic guitar required. Material fee: \$5.

Daniel Howe		Whaley Park			
28247	18 Yrs+	9/4-10/2	7:35-8:35 p.m.	Tu	\$65
28248	18 Yrs+	10/16-11/13	7:35-8:35 p.m.	Tu	\$65

GUITAR - LEVEL II

Delve further into the fun of guitar. We will cover complex chords, scales finger-picking and more. Completion of Guitar - Level I or instructor's approval required. Material fee \$5.

Daniel Howe		Whaley Park			
28249	18 Yrs+	9/4-10/2	8:40-9:40 p.m.	Tu	\$65
28250	18 Yrs+	10/16-11/13	8:40-9:40 p.m.	Tu	\$65

UKE PLAYER ANONYMOUS

Would you like to learn to play ukulele? If so, this class is for you! It will introduce you to all the basics of ukulele: chords, strumming and songs. Bring your ukulele and tell a friend! Material fee: \$2.

Hoku Bray		College Estates Park.			
28439	14 Yrs+	9/4-10/9	7-8 p.m.	Tu	\$65
28440	14 Yrs+	10/16-11/20	7-8 p.m.	Tu	\$65

SPORTS

FENCING

An ancient art of noble defense, fencing can be enjoyed by everyone. Learn the basics of foil fencing (stance, attacks and defenses) and improve your coordination, balance and mental agility. Wear loose clothing and tennis shoes. Pre-registration required. Cash material fee: \$10 due on first day of class.

Orange Coast Fencing Academy		Whaley Park			
28467	8 Yrs+	8/28-9/18	7:35-9:25 p.m.	Tu	\$50
28468	8 Yrs+	9/25-10/16	7:35-9:25 p.m.	Tu	\$50
28469	8 Yrs+	10/23-11/13	7:35-9:25 p.m.	Tu	\$50

HORSE FUN FOR ADULTS

Students are taught basic horsemanship, safety, riding, grooming and leading. This class prepares participants for individual lessons and an understanding of horse ownership. Wear closed toe shoes (riding boots are best), long pants, and bring a helmet. Material Fee: \$25. El Rodeo Stables is located at 4449 Carbon Canyon Rd., Brea. *No class: 11/24.

Fun With Horses		El Rodeo Stables			
27979	13 Yrs+	9/8-9/29	3-4 p.m.	Sa	\$85
27980	13 Yrs+	10/6-10/27	3-4 p.m.	Sa	\$85
27985	13 Yrs+	11/3-12/1*	3-4 p.m.	Sa	\$85

INDOOR VOLLEYBALL

Enhance skills through drills and scrimmages. Expand your technique and increase your knowledge of the game. Walk in fee available.

Phil Martin		Pan American Park			
28104	18 Yrs+	9/9-11/18	6:30 -8:30 p.m.	Su	\$36

JUJITSU

Japanese jujitsu self defense. Learn throws, locks and holds to control an opponent. One on one instruction for beginner and advanced students. New students start the first Monday or Wednesday of each month. For more information visit: www.LakewoodBudoKai.com. *No class: 9/24, 10/22, 11/21, 11/23 & 11/26.

Russell Kelley		Whaley Park			
28041	13 Yrs+	9/5-9/28*	7-8 p.m.	M W F	\$45
28042	13 Yrs+	10/1-10/29*	7-8 p.m.	M W F	\$45
28043	13 Yrs+	11/2-11/30*	7-8 p.m.	M W F	\$45

KARATE

Okinawan Shorin Ryu Karate. Learn punches, strikes and kicks to defend against an attack. One on one instruction for beginner and advanced students. New students start the first Monday or Wednesday of each month. Instructor with over 35 years in Long Beach. Visit www.LakewoodBudoKai.com. *No class: 9/24, 10/22, 11/21, 11/23 & 11/26.

Russell Kelley		Whaley Park			
28047	13 Yrs+	9/5-9/28*	8-9 p.m.	M W F	\$45
28048	13 Yrs+	10/1-10/29*	8-9 p.m.	M W F	\$45
28049	13 Yrs+	11/2-11/30*	8-9 p.m.	M W F	\$45

NEVER TOO LATE TO ICE SKATE CLUB

Class fee includes ice skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: Wed 7:10-7:40 p.m. or Sat 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. The Rinks Lakewood Ice is located at 3975 Pixie, Ave., Lakewood (Carson & Paramount).

Ice Management LLC.

The Rinks Lakewood Ice

27998	15 Yrs+	8/29-9/19	6:40-7:10 p.m.	W	\$45
28001	15 Yrs+	9/1-9/22	10:15-10:45 a.m.	Sa	\$45
27999	15 Yrs+	9/26-10/17	6:40-7:10 p.m.	W	\$45
28002	15 Yrs+	9/29-10/20	10:15-10:45 a.m.	Sa	\$45
28000	15 Yrs+	10/24-11/14	6:40-7:10 p.m.	W	\$45
28003	15 Yrs+	10/27-11/17	10:15-10:45 a.m.	Sa	\$45

SCHOOLS OF SELF DEFENSE - MIXED MARTIAL ARTS

Get safe learning mixed martial arts. Students will learn Muay Thai, wrestling and Brazilian Jujitsu. Students become disciplined through muscle memory and endurance training. Uniforms are available for \$35. Testing fee is \$50.

Michael J. Rice

El Dorado Park West

28094	18 Yrs+	9/6-9/28	8-9 p.m.	Th F	\$50
28095	18 Yrs+	10/4-10/26	8-9 p.m.	Th F	\$50
28096	18 Yrs+	11/1-11/30	8-9 p.m.	Th F	\$50

SHOTOKAN KARATE

Shotokan is a Japanese karate developed from various martial arts of "empty hand" fighting. Shotokan style begins with humility. Shotokan is self defense karate and discipline of the mind. Students will develop valuable self defense skills, self control and discipline, improve concentration, coordination and focus. Please wear loose fitting clothing (preferably white). Uniforms are available for an additional \$40 (regardless of the size). *No class: 10/12 & 10/19

Antonio Silva

Bixby Park

27953	18 Yrs+	9/1-9/29	7-8 p.m.	F Sa	\$40
27954	18 Yrs+	10/5-10/27*	7-8 p.m.	F Sa	\$40
27955	18 Yrs+	11/2-11/30	7-8 p.m.	F Sa	\$40

SPECIAL OLYMPICS "TOP FLIGHT ON ICE"

This class is specifically designed for the Special Needs Community. All skaters will learn to skate with a qualified instructor. Skater will learn to skate forward and backward, and gain confidence to skate on their own. Class fee includes ice skate rental, half hour of instruction and free practice session on your registered class day. Practice session times: W 7:10-7:40 p.m. or Sa 10:45-11:15 a.m. Dress warmly. Check in early. Pre-registration is required. The Rinks Lakewood Ice is located at 3975 Pixie Ave., Lakewood (Carson & Paramount).

Ice Management LLC.

The Rinks Lakewood Ice

28010	4 Yrs+	8/29-9/19	6:10-6:40 p.m.	W	\$45
28013	4 Yrs+	9/1-9/22	9:45-10:15 a.m.	Sa	\$45
28011	4 Yrs+	9/26-10/17	6:10-6:40 p.m.	W	\$45
28014	4 Yrs+	9/29-10/20	9:45-10:15 a.m.	Sa	\$45
28012	4 Yrs+	10/24-11/14	6:10-6:40 p.m.	W	\$45
28015	4 Yrs+	10/27-11/17	9:45-10:15 a.m.	Sa	\$45



SOFTBALL LEAGUES FOR AGES 55 AND UP

(BORN ON/BEFORE 1963)

<https://teamsideline.com/sites/longbeach/content/13235/League-Overview-Senior-Softball>



games on Saturdays

Team fee: \$264 plus
\$15 per team/per game
officiating fee
Games played on Saturdays
9 a.m., 10:30 a.m. or noon
at Joe Rodgers Field or
Pan American Park.
A total of 12 scheduled
games plus
the possibility of playoffs.
Call 570.1736 for
more information.

JOE RODGERS FIELD & PAN AMERICAN PARK

ADULT 50+ CLASSES

DANCE

ADVANCED ROUND DANCE

Advanced class in choreographed ballroom dancing (also called round dancing). Class consists of clinics on figures, routines taught to beautiful music and party dancing. Fee per person, per class.

Daniel Finch		Long Beach Senior Center			
27454	50 Yrs+	9/5-9/26	6:30-8:30 p.m.	W	\$6
27455	50 Yrs+	10/3-10/24	6:30-8:30 p.m.	W	\$6
27456	50 Yrs+	10/31-11/28	6:30-8:30 p.m.	W	\$6

BALLROOM DANCE

Beginning to intermediate ballroom dance instruction. Dance is fun, social and healthy. No partner need, changes partners or not. A new dance is taught at the beginning of each month selected by the students. Best time to start is at the beginning of the month. Bring a smile and your dance shoes. Fee per person, per class.

Candis Davis		Long Beach Senior Center			
27447	50 Yrs+	9/4-9/25	1-2 p.m.	Tu	\$4 LB Sr. Ctr
27449	50 Yrs+	10/2-10/30	1-2 p.m.	Tu	\$4 LB Sr. Ctr
27450	50 Yrs+	11/6-11/27	1-2 p.m.	Tu	\$4 LB Sr. Ctr
Candis Davis		Long Beach Senior Center			
27451	50 Yrs+	9/5-9/26	10:30-11:30 a.m.	W	\$4 EDW
27452	50 Yrs+	10/3-10/31	10:30-11:30 a.m.	W	\$4 EDW
27453	50 Yrs+	10/31-11/28	10:30-11:30 a.m.	W	\$4 EDW

INTERMEDIATE ADVANCED ROUND DANCE 5/6

Teaching Phase 4 Thru Phase 6 round dance figure clinics and choreography. Hosting cued round dance party dance. Class held on 2nd Saturday. Fee per person, per class.

Edward Patrick		Long Beach Senior Center			
27459	50 Yrs+	9/8	11 a.m.-4 p.m.	Sa	\$5
27458	50 Yrs+	10/13	11 a.m.-4 p.m.	Sa	\$5
27457	35Yrs+	11/10	11 a.m.-4 p.m.	Sa	\$5

ROUND DANCE- INTERMEDIATE-ADVANCED

Teaching Phase 4 Thru Phase 6 round dance figure clinics and choreography. Hosting cued round dance party dance. Fee per person, per class.

Edward Patrick		Long Beach Senior Center			
27461	50 Yrs+	9/3-9/24	6:30-8:30 p.m.	M	\$5
28423	50 Yrs+	10/1-10/29	6:30-8:30 p.m.	M	\$5
28424	50 Yrs+	11/5-11/26	6:30-8:30 p.m.	M	\$5
27460	50 Yrs+	9/4-9/25	6:30-8:30 p.m.	Tu	\$5
28425	50 Yrs+	10/2-10/30	6:30-8:30 p.m.	Tu	\$5
28426	50 Yrs+	11/6-11/26	6:30-8:30 p.m.	Tu	\$5

SENIOR LINE DANCING

Have fun learning line dance and exercising with friends. No experience needed. Fee per person, per class.

Janet Karter		El Dorado Park West			
27542	50 Yrs+	9/6-9/27	1-2 p.m.	Th	\$3
27544	50 Yrs+	10/11-10/25	1-2 p.m.	Th	\$3
27543	50 Yrs+	11/1-11/15	1-2 p.m.	Th	\$3

FITNESS

BOOMER ZUMBA®

A fitness program to party yourself into shape. Exhilarating, effective, easy to follow, Latin inspired, calorie burning dance using merengue, cumbia, salsa, reggaeton, cha-cha and belly dance. Walk in class only.

Maria Elena Roman		Houghton Park			
27555	50 Yrs+	9/5-9/26	7-8 p.m.	W	\$3
27558	50 Yrs+	10/3-10/24	7-8 p.m.	W	\$3
27559	50 Yrs+	11/7-11/28	7-8 p.m.	W	\$3

FIT, FIRM AND FLEXIBLE FOR 50+

This class is led by a retired physical therapist, integrating flexibility, strengthening and balance exercises. Please bring elastic resistance bands or tubing. Wear appropriate clothing and bring water. *No class: 11/22. Fee per person, per class.

Lorraine Goldman		Pan American Park			
27545	50 Yrs+	9/6-9/27	9:30-10:30 a.m.	Tu Th	\$3
27546	50 Yrs+	10/2-10/30	9:30-10:30 a.m.	Tu Th	\$3
27547	50 Yrs+	11/1-11/29*	9:30-10:30 a.m.	Tu Th	\$3

GENTLE YOGA- ALL LEVELS

Suitable for every age and level of ability. With regular practice this class improves flexibility, strength, balance and general well-being. Bring a yoga mat and a beach towel. Walk in fee available.

Silvana Behrens		Recreation Park			
27579	50 Yrs+	9/10-10/1	9:45-10:45 a.m.	M	\$40
27580	50 Yrs+	10/29-11/26	9:45-10:45 a.m.	M	\$50

GENTLE YOGA- LEVEL II

This class focuses on yoga stretches, flow, core and relaxation. Some yoga experience recommended but not required. Bring a yoga mat and a beach towel. Walk in fee available. *No class: 11/22.

Silvana Behrens		Recreation Park			
27583	50 Yrs+	9/13-10/4	9:45-10:45 a.m.	Th	\$40
27584	50 Yrs+	11/1-11/29*	9:45-10:45 a.m.	Th	\$54

SENIOR FITNESS

Lightweight lifting followed by low impact cardio. Fun, easy to follow aerobic workout. Cool down in a chair or on the floor to increase flexibility. Bring lightweights and a mat. *No class: 11/22. Fee per person, per class.

Sherrie Zachau		El Dorado Park West			
27566	50 Yrs+	9/4-9/27	10-11 a.m.	Tu Th	\$4
27567	50 Yrs+	10/2-10/30	10-11 a.m.	Tu Th	\$4
27568	50 Yrs+	11/6-11/29*	10-11 a.m.	Tu Th	\$4

ZUMBA® GOLD

Zumba® is exercise in disguise. It is good for your body and good for your mind. You can burn 300-500 calories in a Zumba® Gold class. If you love to dance, you will love Zumba® Gold. There is no wrong way to do Zumba. Its your Zumba®. Have fun and dance with me. *No class: 11/22.

Adrienne Rosenfeld		Long Beach Senior Center			
27441	50 Yrs+	9/6-9/20	5:30-6:30 p.m.	Th	\$10
27442	50 Yrs+	10/11-10/25	5:30-6:30 p.m.	Th	\$10
27443	50 Yrs+	11/1-11/29*	5:30-6:30 p.m.	Th	\$10

ZUMBA® GOLD

Shake your groove thang, Zumba® Gold! A fun, Latin-inspired dance fitness class that incorporates easy to follow dance moves at a lower-intensity. Zumba® Gold offers an amazing full body workout that will leave you feeling invigorated! There is no wrong way in Zumba® Gold- if you are moving and smiling, you are doing it right. Walk in fee available.

Sabrina Thomas

Long Beach Senior Center

27560	50 Yrs+	9/1-9/29	11:30 a.m.-12:30 p.m.	Sa	\$10
27561	50 Yrs+	10/6-10/27	11:30 a.m.-12:30 p.m.	Sa	\$10
27562	50 Yrs+	11/3-11/24	11:30 a.m.-12:30 p.m.	Sa	\$10



ZUMBA® GOLD

A fun Latin inspired fitness program that includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango and Rock n' Roll. A safe and effective total body workout that is great for the mind, body and soul. Come dance with me! Fee per person, per class. *No class: 11/23.

Sherrie Zachau

El Dorado Park West

27569	50 Yrs+	9/7-9/28	9-10 a.m.	F	\$4
27570	50 Yrs+	10/5-10/26	9-10 a.m.	F	\$4
27571	50 Yrs+	11/2-11/30*	9-10 a.m.	F	\$4

ZUMBA® GOLD TONING

Fitness program disguised in a cardio party with weights! See and feel the difference after one class. Bring 2lb weights or purchase zumba toning sticks in class (optional). Fee per person, per class. *No class: 11/21.

Sherrie Zachau

El Dorado Park West

27572	50 Yrs+	9/5-9/26	9-10 a.m.	W	\$4
27573	50 Yrs+	10/3-10/31	8:45-9:45 a.m.	W	\$4
27574	50 Yrs+	11/7-11/28*	9-10 a.m.	W	\$4

MUSIC

VOICE CLASS - LEVEL 1

It is never too late to learn how to sing and improve your speaking voice. In this class you can expect to gain much confidence by learning how to expand your vocal range and improve both your breath control and tone quality all at the same time. Recommended to bring a hand held mirror and recording device.

Harriet Bennish

Bixby Park

27464	50 Yrs+	9/18-10/16	11 a.m.-12:30 p.m.	Tu	\$60
27465	50 Yrs+	10/30-11/27	11 a.m.-12:30 p.m.	Tu	\$60

VOICE CLASS - LEVEL 2

This class continues to nurture the basic foundations of good singing by reinforcing the habits acquired in the level 1 voice class. There will be an ongoing emphasis on good posture, breath control, expansion of vocal range, and musicianship. Recommended: hand held mirror and recording device (available on most cell phones). Prerequisite: completion of level one voice class, no exceptions. No class: 9/19.

Harriet Bennish

Bixby Park

27466	50 Yrs+	9/12-10/17	11 a.m.-12:30 p.m.	W	\$60
27467	50 Yrs+	10/31-11/28	11 a.m.-12:30 p.m.	W	\$60

Grow Local Love



Water Efficient Landscapes for our Long Beach Lifestyle

LAWN-TO-GARDEN

Create a watershed garden and see your front yard come alive with beauty and butterflies while making water efficiency the Long Beach way of life! LBWD will now provide an incentive of up to \$6,000 that will include \$3 per square foot for up to 1,500 square feet and up to \$1,500 in design reimbursement for all new Lawn-to-Garden participants.

Go to lblawntogarden.com for more information and to apply.

Applications will be accepted starting July 1, 2018 and projects will be limited to 150 per year. Don't miss out!

Announcing the new L2G supporting programs!

GARDEN PARKWAYS

THIRSTY LAWNS

DIRECT INSTALL GARDENS



Long Beach Water
LAWN-TO-GARDEN PROGRAM

FUN FOR ADULTS 50+



Senior Citizen Programs

Long Beach Parks, Recreation and Marine invites seniors of all ages to participate in the many activities and programs offered citywide at the six senior centers.

Activities and programs range from arts and cultural experiences, dance, fitness, life-long learning opportunities, enrichment, health and social services, nutrition, excursions, drop-in and special events, volunteerism and special interest groups. For more information, visit <http://www.longbeach.gov/park/park-and-facilities/-directory/long-beach-senior-center/>.

Senior Centers

California Recreation Center at McBride Park

1550 Martin Luther King Jr. Ave.
562.570.1605
Monday - Friday, 9 a.m. - 2 p.m.

Cesar E. Chavez Park

401 Golden Ave.
562.570.8890
Monday - Friday, 9 a.m. - 2 p.m.

Houghton Park

6301 Myrtle Ave.
562.570.1640
Monday - Friday 9 a.m. - 2 p.m.

El Dorado Park West

2800 Studebaker Rd.
562.570.3227
Monday - Friday 9 a.m. - 5 p.m.

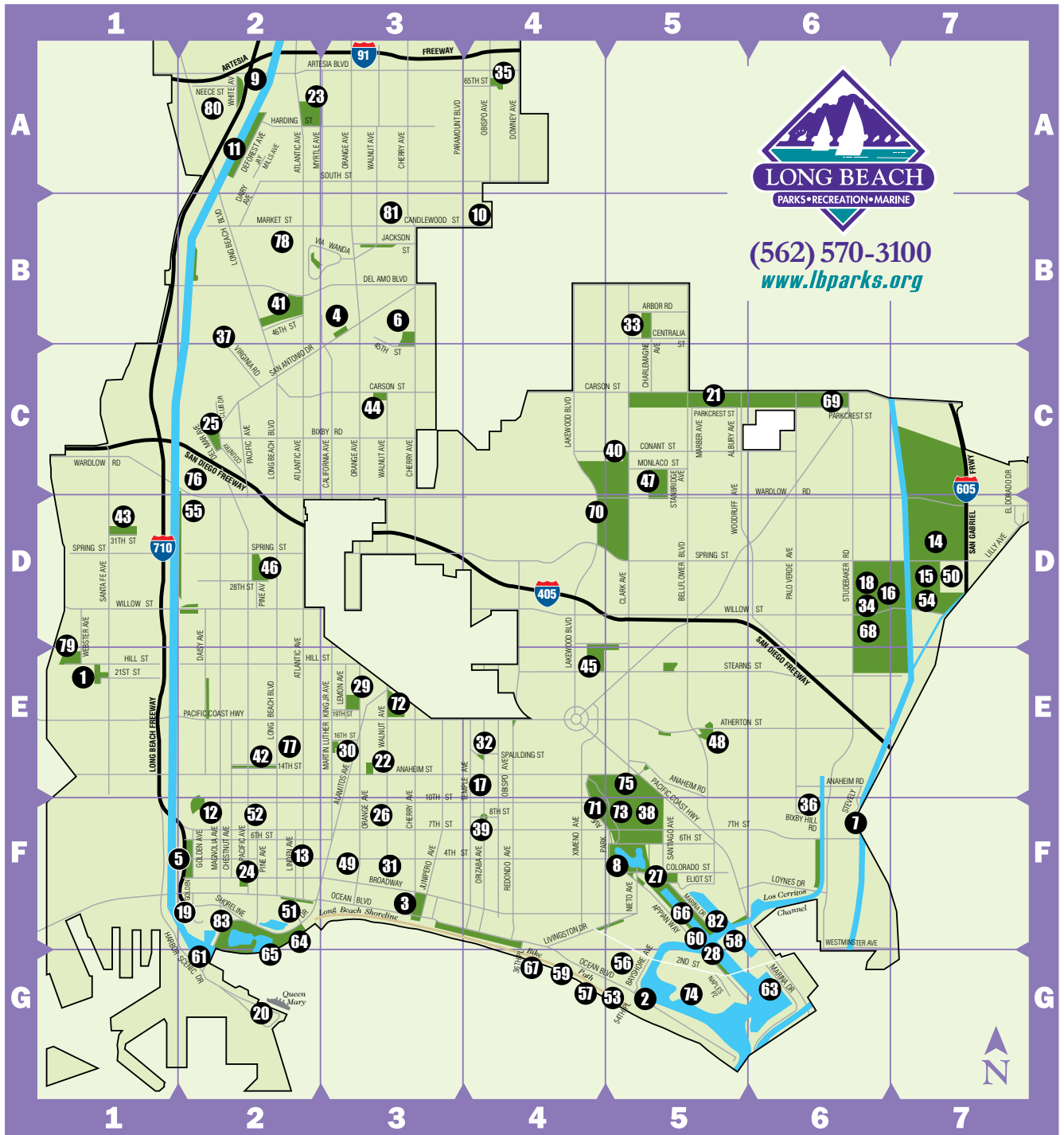
Long Beach Senior Center

1150 E. 4th Street
562.570.3500
Monday - Friday, 8 a.m. - 4:30 p.m.;
Saturday, 10 a.m. - 4 p.m.

Silverado Park

1545 W. 31st Street
562.570.1675
Monday - Friday, 9 a.m. - 2 p.m.





Long Beach Parks, Recreation and Marine offers classes and activities at many of these convenient locations!

AMENITIES: 1 - BALLFIELD; 2 - BASKETBALL; 3 - TENNIS; 4 - VOLLEYBALL; 5 - CENTER; 6 - PLAYGROUND; 7 - PICNIC AREA; 8 - POOL; 9 - SKATE PARK; 10 - GYM; 11 - ROLLER HOCKEY; 12 - DOG FACILITY; 13 - COMMUNITY GARDENS; L - LIGHTED; LK - LAKE; R - RESERVABLE COMMUNITY CENTER

PARK FACILITIES

1 E1 Admiral Kidd , 2125 Santa Fe Ave., 570-1600 - 12.88 acres	1L, 2L, 5R, 6, 7	5 F2 Cesar E. Chavez , 401 Golden Ave., 570-8890 - 33.21 acres	2L, 5, 6, 7
76 C2 Baker Street , 625 Baker St., 570-3100 - 1.5 ares	6, 7	6 B3 Cherry , 1901 E. 45th St., 570-1615 - 10.19 acres	1L, 2L, 3L, 5, 6, 7, 11C
2 G5 Bayshore , 5415 E. Ocean Blvd. - 1.21 acres	2, 4, 6, 7, 11	7 F6 College Estates , 808 Stevely Ave., 570-1617 - 2.31 acres	2, 3, 4, 5R, 6, 7
3 F3 Bixby , 130 Cherry Ave., 570-1601 - 17.84 acres	4, 5R, 6, 7, 9	8 F5 Colorado Lagoon , 5119 E. Colorado St. - 27.50 acres	6, 7
4 B3 Bixby Knolls , 1000 San Antonio Dr., 570-1604 - 3.93 acres	4, 5, 6, 7	9 A2 Coolidge , 352, E. Neece St., 570-1618 - 6.09 acres	1L

PARK FACILITIES (continued)

26	F3	Craftsman Village Park, 850 Orange Ave., 570-3100- .34 acre	6,7
10	B4	Davenport (Ed "Pops"), 2910 E. 55th Way - 11.64 acres	2, 6, 7
11	A2	DeForest, 6255 DeForest Ave., 570-1620 - 16.01 acres	1L, 2L, 3L, 4L, 5, 6, 7
12	F2	Drake, 951 Maine Ave., 570-1625 - 6.61 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9
13	F2	East Village Arts, 150 Elm Ave. - .09 acres	
14	D7	El Dorado Regional East, 7550 E. Spring St., 570-1771 - 389.49 acres	6, 7, 13, LK
15	D7	El Dorado Nature Center, 7550 E. Spring St., 570-1745 - 99.47 acres	5, 7, LK
16	D6	El Dorado West, 2800 Studebaker Rd., 570-3225	1L, 2L, 3L, 4, 5R, 6, 7, 9, 11, LK
77	E2	Fourteenth Street Park, 570-1608 2.01 acres	2,6,9
17	E4	Freeman Community Center, 1205 Freeman Ave., 570-8688	
18	D6	Good Neighbor, 2800 Studebaker Road, .90 acre	
19	F2	Golden Shore Marine Biological Reserve, Golden Shore Ave. - 9.27 acres	
78	B2	Grace Park, Plymouth St. and Elm Ave., 570-3100 - 1.19 acres	
20	G2	Harry Bridges Memorial at the Queen Mary, 1126 Queens Hwy. - 4.19 acres	7
21	C5	Heartwell, 5801 E. Parkcrest St., 570-1635 - 125.41 acres	1L, 2L, 5, 6, 7, 11, LK
22	E3	Homeland Cultural Center, 1321 Anaheim Street at Macarthur Park, 570-1655	
23	A2	Houghton, 6301 Myrtle Ave., 570-1640 - 26.35 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9
79	E1	Hudson Park, 2335 Webster Ave., 570-3100 - 13.18 acres	1,6,7
24	F2	Lincoln (Civic Center), Pacific Ave. & Broadway - 5.64 acres	7, 12
56	G5	Long Beach Community Resource Center, 5365 E. 2nd St.	
25	C2	Los Cerritos, 3750 Del Mar Ave. - 8.47 acres	3L, 6, 7
22	E3	MacArthur (General Douglas), 1321 Anaheim St., 570-1655 - 3.86 acres	1, 2L, 4, 5R, 6, 7
27	F5	Marina Vista, Colorado St. & Santiago Ave. - 18.20 acres	1, 3, 6, 7
28	G5	Marine (Mothers Beach), 5839 Appian Way - 9.31 acres	4, 6, 7
29	E3	Martin Luther King, Jr., 1950 Lemon Ave., 570-4405 - 9.0 acres	1L, 5R, 6, 7, 8
30	E3	McBride (Ernest S.), 1550 M.L.King, Jr. Ave., 570-1605 - 2.77 acres	2L, 5R, 6, 7, 10
31	F3	Miracle on 4th Street, 1518 E. 4th St. - .14 acres	7
32	E4	Orizaba, Orizaba Ave. & Spaulding St. - 3.99 acres	2, 5, 6, 7, 9
33	B5	Pan American, 5157 Centralia St., 570-1660 - 12.5 acres	1L, 2L, 4, 5, 6, 7, 10
34	D6	PR&M Admin (Parks, Recreation & Marine Administration), 2760 Studebaker Rd., 570-3100	
35	A4	Ramona, 3301 E. 65th St., 570-1665 - 7.21 acres	1L, 2L, 3L, 4, 5R, 6, 7
36	F6	Rancho Los Alamitos, 6400 Bixby Hill Rd., 431-3541 - 7.03 acres	7
37	B2	Rancho Los Cerritos, 4600 Virginia Rd., 570-1755 - 4.77 acres	7
38	F5	Recreation, 4900 E. 7th St., 570-1670 - 63.92 acres	1L, 3L, 5R, 4, 6, 7, 12
39	F4	Rose, 8th St. & Orizaba Ave. - .74 acres	7
40	C5	Rosie the Riveter, Clark Ave. & Conant St. - 3.28 acres	
41	B2	Scherer, 4600 Long Beach Blvd., 570-1674 - 25.22 acres	1, 2L, 3L, 4, 5, 6, 7, 12, LK
42	E2	Seaside, 14th St. at Chestnut, 2.34 acres	
43	D1	Silverado, 1545 W. 31st St., 570-1675 - 12.23 acres	1L, 2L, 3L, 4, 5R, 6, 7, 9, 12, LK
44	C3	Somerset, 1500 E. Carson St., 570-1690 - 3.75 acres	2L, 3L, 4, 5, 6, 7
45	E4	Stearns Champions, 4520 E. 23rd St., 570-1685 - 22.14 acres	1L, 2L, 5R, 6, 7
46	D2	Veterans, 101 E. 28th St., 570-1695 - 14.32 acres	1L, 2L, 3L, 4, 5R, 6, 7
47	C5	Wardlow, 3457 Stanbridge Ave., 570-1706 - 15.81 acres	1, 2L, 4, 5R, 6, 7
48	E5	Whaley, 5620 Atherton St., 570-1710 - 13.47 acres	1L, 2L, 4, 5R, 6, 7, 11

TEEN CENTERS

17	E4	Cesar E. Chavez Park Teen Center, 401 Golden Ave., 570-8890
23	A2	Freeman Teen Center, 1205 Freeman Ave., 570-8688
30	E3	Houghton Park Teen Center, 6301 Myrtle Ave., 570-1640
43	D1	McBride Park Teen Center, 1550 M.L.King, Jr. Blvd., 570-1605

SENIOR CENTERS

30	E3	California Recreation Center (at McBride Park), 1550 M.L.King, Jr. Blvd., 570-1605
16	D6	El Dorado Park West Community Center, 2800 Studebaker Rd., 570-3227

23	A2	Houghton Park Community Center, 6301 Myrtle Ave., 570-1640	
49	F3	Long Beach Senior Center, 1150 E. 4th St., 570-3500	5R
43	D1	Silverado Park Community Center, 1545 West 31st St., 570-1675	
5	F2	Cesar E. Chavez, 401 Golden Ave., 570-8890	2L, 5, 6, 7

DOG FACILITIES

50	D7	Animal Care Services, 7700 East Spring Street, 570-PETS
80	A2	Coolidge Dog Park, 352 E. Neece St
24	F2	Downtown Dog Park, at Lincoln Center, Pacific at Broadway
54	D7	El Dorado Dog Park, 7500 E. Spring St
81	B3	Jackson Street Dog Park, 1 Jackson St.
52	F2	K-9 Corner Dog Park, 9th & Pacific Ave.
38	F5	Recreation Dog Park, 4900 E. 7th St.
53	G5	Rosie's Dog Beach, 1 S. Granada
51	F2	Seaside Dog Zone Park, Seaside Way at Linden Ave
41	B2	Uptown Dog Park, 4600 Long Beach Blvd.
55	D2	Wrigley Heights Dog Park, 3401 Golden Ave.

AQUATIC AND BOATING FACILITIES / BEACHES

8	F5	Colorado Lagoon Wetland & Marine Sci. Ed. Center (Appian Way btw. Park & Colorado)
82	F5	Dunster Reserve, Boathouse Lane and Los Cerritos Channel
83	F2	Golden Shore Reserve, Golden Shore Ave South of Shoreline Dr.
57	G4	Launch Ramp - Claremont Launch Ramp, 5300 E. Ocean Blvd.
58	F5	Launch Ramp - Davies Launch Ramp, 6201 E. Second St.
59	G4	Launch Ramp - Granada Launch Ramp, 1 S. Granada Ave.
60	F5	Launch Ramp - Marine Stadium Launch Ramp, 5255 Paoli Way
61	G2	Launch Ramp - South Shore Launch Ramp, 590 Queensway Dr.
2	G5	Leeway Sailing & Aquatics Center, 5437 E. Ocean Blvd., 570-1719
63	G6	Marina - Alamitos Bay Marina, 205 Marina Dr., 570-3215
64	F2	Marina - Long Beach Shoreline Marina, 450 E. Shoreline Dr., 570-4950
65	G2	Marina - Rainbow Marina, 200-B Aquarium Way, 570-8636
66	F5	Marine Stadium, Appian Way (btw. 2nd St. & Colorado St.), 570-3215
67	G4	Pool - Belmont Plaza Pool, 4000 Olympic Plaza, 570-1806
29	E3	Pool - Martin Luther King, Jr. Park Pool, 1910 Lemon Ave., 570-1718
43	D1	Pool - Silverado Park Pool, 1540 W. 32nd St., 570-1721
8	F5	Model Boat Shop, 5119 E. Colorado St., 570-1720 (Summer Only)
28	G5	Mothers Beach, (Marina Park) 5839 Appian Way

5.7

SPORTS FACILITIES

14	D7	Archery - El Dorado Archery Range, 7550 E. Spring St., 570-1771	
68	D6	Golf - El Dorado Golf Course, 2400 Studebaker Rd., 430-5411, 18-hole, par 72	
69	C6	Golf - Heartwell Junior Golf Academy, 6730 E. Carson St., 570-1272 - 36.57 acres	5R
69	C6	Golf - Heartwell Park Golf Course, 6700 E. Carson St., 421-8855, 18-hole, par 54	
38	F5	Golf - Recreation Park Golf Course, 5000 E. Anaheim St., 494-5000, 18-hole, par 72	
38	F5	Golf - Recreation Park Golf Course, 5000 E. 7th St., 438-4012, 9-hole, par 31	
70	D4	Golf - Skylinks at Long Beach Golf Course, 4800 E. Wardlow Rd., 421-3388, 18-hole, par 72	
2	G5	Hockey Rink, 5415 E. Ocean Blvd., 570-1725	
71	F4	Lawn Bowling - Recreation Park Facility, E. 7th St. & Federation Dr., 597-7968, 714-969-5862	
72	E3	Sports Field - Chittick Field, 1900 Walnut Ave., 570-1717 - 19.14 acres	1L
75	E5	Sports Field - Joe Rodgers Softball Stadium, 10th St. & Park Ave., 570-1725	
78	F5	Tennis - Billie Jean King Tennis Center, 10th & Park Ave., 438-8509	
16	D6	Tennis - El Dorado Tennis Center, 2800 Studebaker Rd., 425-0553	
25	C2	Tennis - Los Cerritos Park Tennis Courts, 3750 Del Mar Ave.	
74	G5	Tennis - Naples Tennis Courts, Tivoli Drive between St. Irmo Way & 2nd St.	

Making your stops. Keeping you moving.



There's no limit to what you can do when you explore Long Beach by bus. Join the Connected Seniors Club and ride with confidence to your favorite Long Beach destinations. Long Beach residents 62+ can become a CSC member by picking up a Senior TAP Card for reduced bus fare. To learn more about the Club call **562.591.2301** or email us at **seniors@lbtransit.com**.



ADULT SPORTS LEAGUES

5001 Deukmejian Drive • (562) 570-1725

Visit: teamsideline.com/longbeach

Adult League - 9-18 players. Ten games plus playoffs for qualifying teams. Games played Sundays at local schools and parks. Team fee: \$480. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player. Two umpires per game, game day fees \$70/ team, per game.

ADULT BASKETBALL

Register by team only at the Sports Office or online at www.teamsideline.com/longbeach. Men's and Women's Divisions available. 5-12 players allowed on a team. Team fee: Mens \$300 (10 games) Women's \$232 (8 games). Single elimination playoffs games will be scheduled for qualifying teams.

Two officials assigned to each game(\$25/team, per game).Individual participants interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1731 or visit us online at www.teamsideline.com/longbeach for more information.

ADULT ROLLER HOCKEY

Ages 18 and up, with a 10-game season plus playoffs for qualifying teams. Intermediate Plus and Novice Plus games played Saturday and Sunday at Bayshore Rink. Roller Hockey - \$700 per team. Call (562) 570-1736 or (562)570-3204. Visit us online at www.teamsideline.com/longbeach to register a team or individual player.



PICK-UP - AGES 18 & UP

Saturday and Sunday. Times vary. Bayshore Rink. \$5 per person. Full equipment required including HECC approved helmet with cage or half shield. Call (562) 570-1736 for more information.

RINK RENTAL

Bayshore Rink. Hourly rental fee \$40. El Dorado West rink rental fee is \$8 per hour for residents and \$18 per hour for non residents. Reservations taken at the Adult Sports office, 5001 Deukmejian Drive or call: Office, 5001 Deukmejian Drive, call (562) 570-1736 or (562) 570-3204.

ADULT KICKBALL

Register by team only at the Sports Office or online at www.teamsideline.com/longbeach, 9-15 players. Ten games plus playoffs. Games played Thursdays at local schools and parks.

Team fee: \$325. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach to register a team or sign up as an individual player.

ADULT SOFT BALL

One official assigned, game day fee \$12/team, per game.

WEEKNIGHT SLOW PITCH LEAGUE MEN'S AND COED

10-16 players in D classification. Ten games plus playoffs. Coed leagues-16 player max; Men's and Women's teams 15 player max. Team fee: \$450. Call (562) 570-1734 or visit us online at www.teamsideline.com/longbeach for registration information.

WEEKEND SLOWPITCH LEAGUES - MEN'S & COED

Individuals interested in softball leagues will be added to an individual players list given to managers at registration time. Team fee: \$350. Call (562) 570-1734 or visit us online at www.teamsideline.com/longbeach for more information.

SOFTBALL - AGES 55 & UP

Saturday team registration at the Sports Office. 16 games. Team fee: \$250. Call (562) 570-1736 or visit us online at www.teamsideline.com/longbeach for more information.

ADULT VOLLEYBALL

Register by team at the Sports Office or at www.teamsideline.com/longbeach. Men's, Women's and Coed Divisions available. 5-12 players allowed on a team. Team fee: \$340 (10 matches). Single elimination playoff games will be scheduled for qualifying teams. One official assigned to each match. \$14/ team, per match.

Individual interested in playing in the league can be added to the program's "Free Agent" list. Call the Sports Office at (562) 570-1731 or visit us at www.teamsideline.com/longbeach for more information.



NEW ADULT FUTSAL LEAGUE

Register by team at the Sports Office or at www.teamsideline.com/longbeach. Five players per team. Eight-game season with the possibility of playoffs. Saturday and Sunday games at Bayshore Hockey Rink. Team fee: \$280, plus \$16 per game officiating fee.

ANIMAL CARE SERVICES

P.O. BOX Pitchford Companion Animal Shelter
7700 East Spring Street
(562) 570-PETS

Hours: Wednesday-Friday 10 a.m.-5:30 p.m.
Saturday and Sunday 10 a.m.-4 p.m.

24 Hour Emergency Service (562) 570-7387
Follow us on Facebook at: LongBeachAnimalCare
on Twitter and Instagram at @LBAAnimalCare
www.longbeach.gov/acs



Animal Related Complaints/Questions: (562) 570-PETS (7387)

Interested in volunteering? Need to license your cat or dog? Need spay or neuter assistance? Looking for your lost pet? Looking to adopt? Please visit us at: www.LongBeachAnimalCare.com.

SPAY/NEUTER CLINICS

Fix Long Beach hosts free spay/neuter clinics for qualifying Long Beach residents. Please visit www.fixlongbeach.com for information.

SPAY AND NEUTER VOUCHERS

A limited number of vouchers to assist in the cost of spaying or neutering your pet may be obtained at the shelter during regular business hours. To qualify, proof of Long Beach, Signal Hill, Cerritos, Los Alamitos or Seal Beach residency must be presented. Please visit www.LongBeachAnimalCare.com for more information about spay/neuter assistance.

SPAY AND NEUTER ORDINANCE FOR DOGS & CATS

Effective October 1, 2015, all dogs over 6 months and cats over 4 months are required to be spayed or neutered LPMC 6.16.085. Any unaltered dog with a valid license prior to October 1, 2015 is exempt from the mandatory spay/neuter law as long as the license is kept current. For more information on spay/neuter programs and a complete list of exemptions please call (562) 570-7387 or visit our website: www.LongBeachAnimalCare.com.

DOG TRAINING CLASSES

Your dog is a member of your family! Long Beach Parks, Recreation and Marine Dog training classes can help your canine companion become socialized, have good manners, and be a friend for life. See pages 22 and 23 for details.

PET LICENSING BENEFITS

LICENSING IN LONG BEACH IS MORE THAN JUST A TAG

FAST TRACK Found pets are reunited quickly with their owner, or rushed to the appropriate veterinarian if severe-injured, through the Fast Track licensing program.



FREE RIDE HOME Your pet gets a free ride home the first time it is found. City staff will attempt to deliver your pet home to you immediately, skipping a trip to the animal shelter where it might be exposed to potentially sick animals who have also just arrived.

EXTENDED STAY When found, your licensed pet will be cared for by a veterinarian at the Animal Shelter for a longer period of time (up to 10 days rather than six days prior to being put up for adoption).



VACATION PET ALERT When you leave home on a vacation, call to register where your pet will be while you are on vacation, who will be taking care of your pet, and where to reach you.



ADOPT from LONG BEACH ANIMAL CARE SERVICES



7700 E. SPRING ST. LONG BEACH, CA 90815 (562) 570-7387
W - F: 10 a.m. - 5:30 p.m. Sat & Sun: 10 a.m. - 4 p.m.
www.longbeach.gov/acs

LOW COST PET CLINICS

Visit www.LongBeachAnimalCare.com for dates, times, locations, and fees for Low Cost Pet Vaccination and Microchipping Clinics held in Long Beach parks on Saturdays and from 4-6 p.m. on the 1st and 3rd Thursday of the month at Scherer Park. Licensing is available at the Saturday clinics. Times, dates and locations are subject to change. Please visit www.SNPLA.org for spay/neuter information.



* Pet Literacy (must be 15 years old or accompanied by an adult)

* Foster Care

* High School Service Learners
Volunteers (high school students
17 and older)



Volunteer

ANIMAL CARE SERVICES

Our shelter relies heavily on volunteers.
There are a number of ways you can
donate your time at our shelter.
For more info, please visit:
www.longbeach.gov/acs



* Rescue Partners Volunteer to socialize animals (must be 18 or older)

* Explorer Academy (student must be at least 15 and not yet 20 years of age by the start of the academy)

* Veterinary Students and Contractors



Long Beach Dog Parks and Dog Zones

Your dog is welcome at 10 park facilities throughout the city. Hours vary by park, please visit our website for rules, regulations and more information at: www.lbparks.org.

Bixby Dog Park
130 Cherry Ave.

Rosie's Dog Beach
1 S. Granada

Coolidge Dog Park
352 E. Neece St

Seaside Dog Zone Park
Seaside Way @ Linden Ave

El Dorado Dog Park
7500 E. Spring St

Uptown Dog Park
4600 Long Beach Blvd.

Jackson Street Dog Park
1 Jackson St

Wrigley Heights Dog Park
3401 Golden Ave.

K-9 Corner Dog Park
9th and Pacific Ave

Recreation Dog Park
4900 E. 7th St.

Dogs must be older than 4 months, vaccinated and licensed

For a full list of rules visit: longbeach.gov/park

Dogs must be on leashes outside the dog park/zone

Owners must pick up after their dog

One dog per adult



RANCHO LOS ALAMITOS HISTORIC RANCH & GARDENS

6400 E. Bixby Hill Road • (562) 431-3541

www.RanchoLosAlamitos.org/

PUBLIC HOURS: Wednesday- Sunday, 1-5 p.m.

Enter through Bixby Hill residential gate at
Anaheim and Palo Verde. Free

Take a walk back through time to gracious Rancho Los Alamitos. The lovely “Ranch of the Little Cottonwoods” is a 7.5-acre site that is the last vestige of the original 300,000-acre land grant made by the King of Spain to one of his captains. Continuously occupied since the time of the Tongva-Gabrielino Native Americans, the site was last owned and occupied by Fred and Florence Bixby and was gifted to the City in 1968. The history of Rancho Los Alamitos is the history of Long Beach and the region. and is on display in the carefully restored adobe-core Ranch House, the twelve historic gardens, the interpretive displays, wall murals and film in the Rancho Center and the Barns Area with its farm animals.



TOURS: Docent-led guided tours of the ranch house and barns area start every 30 minutes from the Rancho Center with the last tour at 4 p.m. Garden tours are generally self-guided. The Gift Shop is open 1-5 p.m.

PRESERVING YOUR FALL HARVEST: EVERYTHING FROM APPLES TO PICKLES

Saturday, September 22 • 9:30 a.m. to 12:30 p.m. \$75/person (\$55/RLA Member) Culinary Workshop presented by The Urban Farmer. Advance Reservations Required. Ticket price includes all supplies.

MUSEUM SHOP HOLIDAY OPEN HOUSE AND ARTIST EVENT

Saturday, November 10 • 1-5 p.m. • Free Admission
Shop for unique holiday gifts and decorations with an exhibition by local artists for viewing and purchase.

FUN AND USEFUL IDEAS FOR HOLIDAY DÉCOR

Saturday, November 17 • 9:30 a.m.-12:30 p.m.
\$80/person (\$60/RLA Member) Presented by “The Urban Farmer. Space is limited. Advance reservations required. Ticket price includes all supplies.

BREAKFAST WITH SANTA

Saturday, December 8 • 9:00 a.m.-noon • \$18/child, \$25/adult
A holiday favorite for children and families. Advance Reservations Required. Early reservations recommended as this event sells out quickly.

HOLIDAY OPEN HOUSE AT RANCHO LOS ALAMITOS

December 12th through 14th • 4-8 p.m. (Final Reservation at 7 p.m.)
Enjoy holiday music, tours of the Ranch House decorated in 1930s holiday style, refreshments. Free to the public. Reservations required for parking.

EXCLUSIVE TOUR AND LUNCHEON Groups of 10 or more can reserve an exclusive tour and an elegant catered luncheon in the Rancho garden. Advance reservations are required and the date is subject to availability. For menu selections and pricing, visit the Rancho website. For further information or to schedule a group tour, please call the Rancho at (562) 431-3541.

RANCHO LOS CERRITOS

4600 North Virginia Road

(562) 206-2040

www.RanchoLosCerritos.org

MUSEUM HOURS:

Wednesday-Sunday, 1- 5 p.m.

Rancho Los Cerritos is a National, State and Long Beach Historic Landmark. Free guided tours of the 1844 historic adobe home are offered during museum hours. Docent-led tours of the gardens available on Saturday and Sunday afternoons or by request. Spanish language tours are available on the fourth Sunday of the month and by request. Special tours for youth groups and home-schoolers are available by request. Register for events at rancholoscerritos.org.

SPECIAL EVENTS

DIGITAL PHOTO WORKSHOP: Thursday, August 16, 6-8 P.M.

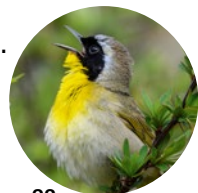
Learn to get your shot every time with our iPhone photo workshop! \$10 per person, includes wine and appetizers. Tickets online or at the door.

FREE CONCERT ON THE LAWN: Sunday, August 26, 5:30-7 p.m.

Our popular free summer concert series concludes with Acknowledgement, a jazz band. The site opens at 4:30 p.m. for pre-concert picnicking. Concerts run from 5:30 to 7 p.m. Guests can bring blankets or lawn chairs. Pets are not allowed.

BIRD WALK: Thursday, September 13, 8-9:30 a.m.

Join Carolyn Vance, of the El Dorado Audubon Society, for a bird walk. Meet in the parking lot at 8 a.m. and bring binoculars, a field guide, and water. Free; no advance registration required.



DANCING IN OLD CALIFORNIA: Sunday, September 23, 4-7 p.m.

A dance lesson, covering waltzes, polkas, and set dances like the Spanish Waltz and El Coyote, will be followed by two sets of live music and dancing. Dance lessons at 4 p.m.; live music and two dance sets at 5 p.m. Walter Nelson will emcee. This event takes place outside in the Rancho's lovely back garden. Period entertainment and light refreshments included, and costumes are encouraged. \$25 per person/\$20 for those in costume. Tickets online.

EXHIBIT OPENING: Friday, September 28, 5:30-7 p.m.

Join us to celebrate the opening of “Tibahangna to Today: Stories of the Tongva People” is an exhibition of artifacts, photographs, and historical documents highlighting the history and culture of the Tongva/Gabrielino people. Free; no advance registration required.

STORIES FROM THE GARDEN: THE PLANTS OF COLOMBIA
October 20, 10 a.m. to noon.

Colombia's borders contain more biodiversity than any other country on Earth—more bird species, untold number of insects, and roughly 40,000 species of plants. Our garden talk, led by Dylan Hannon of The Huntington Conservatory, will discuss this fascinating country in our October Garden Talk. \$8 per person. Tickets online or at the door.

36 REGISTER ONLINE AT WWW.LBPARKS.ORG

STARDUSK DINNER DANCE: Sunday, October 21, 5-9 p.m.

This special event, held in Rancho Los Cerritos' iconic backyard, raises money for RLC's educational programming, which includes free public tours, school field trips, and outreach throughout the community. While the adobe house was first built in 1844, it was significantly renovated in the 1930s, and the rancho will pay tribute to that era with the Stardusk Dinner Dance. Stay tuned for more details!



GHOSTLY TEA: Saturday, October 27, 11 a.m. to 12:30 p.m.

The Rancho's "spook-tacular" Ghostly Tea is an unusual Halloween treat for families! In addition to delectable sandwiches, scones, and sweets, there will be Halloween crafts, games and magical surprises. Costumes welcome! Activities are appropriate for families with children ages 4-12. All guests must have a ticket. Ticket Price: \$30 for adults, \$25 for children 12 & under. Register online.

NATURE INSPIRED

CREATION STATION:

Saturday, October 6, 1-4 p.m. "Outrageous Orange"

Saturday, November 3, 1-4 p.m. "Brilliant Brown"

Saturday, December 1, 1-4 p.m. "Gorgeous Green"

Nature-themed family crafts for children ages 5-10 on the first Saturday of the month. Rain or shine. Free.

PARENT-CHILD YOGA IN THE GARDEN 6 Saturdays beginning October 13, 9-9:45 a.m.



Family yoga for practitioners at every level of experience. Adults must accompany children to the class. \$10 per adult (age 13+)/\$5 per child. Bring a yoga mat or beach towel and wear comfortable clothing.

YOGA IN THE GARDEN: ADULT-ONLY CLASS

6 Saturdays beginning October 13, 10-11 a.m.

Yoga for practitioners at every level of experience. Adult-only (13+). \$10 per class. Bring a yoga mat or beach towel and wear comfortable clothing.

VOLUNTEER OPPORTUNITIES

VOLUNTEER OPEN HOUSE: Wednesday, September 5, 9:30-11 A.M.

Learn about our upcoming volunteer opportunities! Volunteering at RLC is a great way to learn about Long Beach history. Volunteer opportunities include greeting visitors, leading tours, gardening, helping out at special events, working behind the scenes, and representing RLC in the larger community. Call or email rancho@rancho-loscerritos.org to RSVP.

SCHOOL DOCENT TRAINING: Starts Wednesday, September 12, 9:30 a.m.-12:30 p.m.

School docents share stories of those who lived on the Rancho and bring California history to life for thousands of 4th grade students. Training continues on Wednesday mornings for 8 weeks. Call to register.

TEEN VOLUNTEER OPEN HOUSE: Thursday, September 20, 4-6 p.m. Motivated high school students can gain valuable experience helping with youth tours, public events and archival projects. Call to RSVP.

HOUSE DOCENT TRAINING: Starts Saturday, September 29, 9:30 a.m.-12:30 p.m.

Explore the history of the land and the people of the Rancho, and learn to guide visitors through the historic adobe home. Training class meets for eight consecutive Saturday mornings. Call to register.

HOLIDAY EVENTS

GARDEN TALK: THE FOLKLORE OF CHRISTMAS GREENS— Saturday, November 17, 10 a.m.-12 p.m.

Join RLC Horticulturalist Marie Barnidge McIntyre for an entertaining and informative discussion of the symbolic resonance and historical evolution of Christmas greens. \$8 per person. Tickets online or at the door.

VICTORIAN TEA - Tuesday, December 4 at 11 a.m.

Scones, sandwiches, and sweets are served as holiday music echoes through the festively-decorated adobe. \$39/person. Tickets online.

OLD TIME CHRISTMAS FESTIVAL - Sunday, December 9, 1-4 p.m.

Discover the history and traditions of Victorian Christmas celebrations, meet Santa, make old-fashioned crafts, sip warm cider, and see the Rancho beautifully decorated for the holidays. \$5/person. Tickets online or at the door.

COCOA WITH SANTA - Choose Tuesday, December 11 at 4 p.m., Friday, December 14 at 4 p.m. or Saturday, December 15 at 11 a.m.

Enjoy delicious cocoa and treats, make holiday crafts, enjoy stories, and meet Santa and Mrs. Claus. \$15/person. Tickets online.

SEEKING A UNIQUE VENUE FOR YOUR WEDDING, CORPORATE RETREAT, OR SPECIAL EVENT?

Contact the Rancho for details about our venue or check out: www.rancho-loscerritos.org.

Green:ightLB

- Cannabis use is **NOT** legal in any public spaces, including parks, cars or beaches
- Driving high is **NOT** legal and may double risk of crashing
- Cannabis is harmful to developing brains (those under 25 years old)
- Protect children by locking cannabis and paraphernalia out of sight and reach
- To reduce risks from cannabis use, use less frequently and in smaller doses

#GreenlightLB #LBcannabisedu
(562) 570-4207 www.longbeach.gov/cannabisedu



LONG BEACH
DEPARTMENT OF HEALTH
AND HUMAN SERVICES



CITY OF
LONG BEACH

EL DORADO NATURE CENTER

7550 East Spring Street

(562) 570-1745

www.longbeach.gov/naturecenter

NATURE CENTER HOURS:

Trails: Tuesday-Sunday 8 a.m.- 5 p.m.

Museum: Tuesday-Sunday 8:30 a.m.-4 p.m.



The Nature Center's 105-acre wildlife habitat is an island of serenity in the midst of the busy urban landscape. Two lakes, a stream, two miles of dirt trail and a 1/4-mile paved accessible trail wind through meadows and wooded areas to offer visitors a rewarding getaway. Visit the interactive, hands-on exhibits available in the museum and gift shop after you walk the trails.

NATURE CENTER HOURS

Trails: Tuesday - Sunday, 8 a.m. - 5 p.m.

Museum: Tuesday - Sunday, 8:30 a.m. - 4 p.m.

FRIENDS OF EL DORADO NATURE CENTER



Help build habitat and support educational programs at the Nature Center with your tax-deductible donation. Members gain early entry to the California Native Plant Sale. For more information, call the Friends' office at (562) 570-1745.

DRAWING IN NATURE

Learn the basics of using colored pencils, including blending, burnishing and impressed line, while incorporating the techniques of botanical drawing. Bring a lunch and wear walking shoes.

Saturdays, September 8, October 6, November 10, 10 a.m. - 3 p.m.

Adults only. Call (562) 570-1745 to register.

\$120 per person for unit of three classes.

38 SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB

PRESCHOOL PROGRAMS

Pre-registration is required for all classes. Visit www.lbparks.org

1-DAY PARENT & ME WORKSHOPS

Ages: 18 months - 5 years, \$20. 10-11:30 a.m.

Bring your imagination and sense of adventure as you and your child celebrate the seasons with a special morning of crafts, stories, songs, and outdoor exploration. Parent participation required.

PARTY AT THE POND

Join us as we learn about water and the living things that depend on it!

27531 September 12 Wednesday 10-11:30 a.m.

SPOOKY SPECTACULAR

Come create Halloween creature crafts as we celebrate bats, spiders and more!

27532 October 10 Wednesday 10-11:30 a.m.

AMAZING AUTUMN

Explore crinkly-crunchy textures and sunset colors as we make a variety of decorations for Fall.

27533 November 14 Wednesday 10-11:30 a.m.

EDUCATIONAL PROGRAMS

Pre-registration is required. Call (562) 570-1745.

YOUNG EXPLORERS TOUR

Looking to learn more about nature or earn an environment-themed badge? Register your group for a naturalist-led exploration of the Nature Center's diverse habitats. 1 1/2 - hour program. \$6 per person.

BEETLE BRIGADE

Join us for a hands-on, sensory exploration of nature. We'll use our "owl eyes," "rabbit ears," and "coyote noses" to experience the unique patterns, textures, shapes and colors around us. Sing a song, listen to a story or make friends with a puppet. Ages 3-5. 1 1/2 - hour program. \$5 per person.



DISCOVERY TOURS

Teachers, explore the Nature Center trails with your students on a naturalist-guided tour. You'll make discoveries through hands-on investigation and activities designed to support the Academic Content Standards at your grade level. Two hour program. Grades K-4, \$7 per person. Grade 5, \$8 per person.

EXPLORE THE SHORE - 5TH GRADE TOUR

Sponsored by El Dorado Nature Center and the City of Long Beach's Adopt-A-Beach program. In this hands-on, two-hour program, students will use scientific tools and instruments to discover how water sustains all life on earth, and how the water cycle shapes our local watershed and affects the marine ecosystem. Available at Granada Beach or Cherry Beach. 2-hour program. \$8 per person.

CELEBRATE BIRDS

EL DORADO AUDUBON SOCIETY MEETING

Join us for intriguing presentations and discussion on the conservation of native birds and their habitats.

Thursday evenings, September 20, October 18, November 15. 7:30 p.m. Free program.

AUDUBON BIRD WALK

Whether you're a new birder or just want to sharpen your skills, join members of El Dorado Audubon for a morning walk through the Nature Center.

Sundays, September 9, October 14, November 11, 8 a.m. Free program.

SPECIAL EVENTS

2018 CALIFORNIA COASTAL CLEANUP DAY

You can take an active role in keeping our coastline clean and healthy. Cleanups will take place at beaches throughout the city. For more information and group registration, call (562) 570-1745
Saturday, September 15, 9 a.m. - noon.

CALIFORNIA NATIVE PLANT SALE

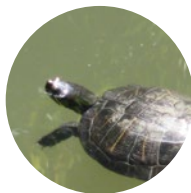
The Nature Center will be blooming with thousands of California native plants for sale. Your purchase benefits the Center and supports habitat restoration. Event begins at 9:30 a.m. Current members of "Friends" get in early at 9:00 a.m. Come early for the best selection.
Saturday, October 13.

TELLABRATION

Come to the Nature Center to celebrate the power and wisdom of storytelling from the Long Beach Storytellers. Saturday, November 17, 7:30-9:30 p.m. Ages 12 & up. Pre-registration is required. Call (562) 570-1745. \$5 per person.

TURTLE SHOW

Members of the Southern California Turtle and Tortoise Care Society will display turtles from all over the world. Saturday, September 15, 10 a.m.-3 p.m. Free program



HOWL-OWEEN FESTIVAL

Saturday, October 27, 2:00 p.m.-6:00 p.m.
Last Trail Entry- 5:00 p.m.

Join us at the boo-tiful El Dorado Nature Center for a hare-raising good time as you trick-or-treat your way along the trails. Visit our animal education village, or bounce yourself silly in the Ooh-possum Patch. There will be storytelling and face painting, food trucks and crafts. Parking is \$7, and a suggested donation of \$5 to support Partners of Parks/ Friends of El Dorado Nature Center at the gate. Dress as your favorite creature and come mingle with ours. See you there!

FAMILY NIGHT WALKS

Pre-registration is required. Visit www.lbparks.org.

What do the animals do at night? Find out on a naturalist-led exploration of the darkened trails of the Nature Center. All ages. An adult must accompany persons under the age of 18.

Tuesdays, 7-9 p.m. \$5 per person. Under 2 years old, free.

27534 September 11

27535 October 9

27536 November 13

VOLUNTEER OPPORTUNITIES

1ST SATURDAY STEWARDS-SERVICE LEARNING OPPORTUNITY

Join us in cleaning the stream, clearing the trails, or pulling weeds. Wear sturdy shoes and bring water and sunscreen.

Saturdays, September 1, October 6, November 3, 10 a.m. - noon.

Pre-registration is required. Call (562) 570-1745.

WETLAND WARRIOR CLEANUP

Only 5% of California's once vast coastal wetlands remain today. Join our Weekend Wetland Warrior team and help protect the critical habitat at Golden Shore Marine Biological Reserve. Two hours of time can save wildlife. Wear sturdy shoes. Rain cancels.

Saturdays, October 20 & November 17, 10 a.m. - noon. Meet next to 101 Golden Shore Ave.

**See Special Events for information about Coastal Cleanup Day in September

EL DORADO EAST REGIONAL PARK

7500 Spring Street
(562) 570-1771

HOURS: Spring/Summer, 7 a.m.-8 p.m.
March 1-October 31

Fall/Winter, 7 a.m.-5 p.m.
November 1- February 1

VEHICLE ENTRY FEES

CASH ONLY: Monday-Thursday: \$5
Friday: \$6
Saturday and Sunday: \$7
Holidays: \$8
School Buses: \$30
Other buses: \$35 daily

ANNUAL PARKING PASSES

Purchase at Administration Office, 2760 Studebaker Road or El Dorado Nature Center, 7550 E. Spring Street.

- General Public Fee: \$60 Each
- Seniors ages 50+/Disabled Fee: \$35 Each

AMENITIES AND SERVICES

- Archery range with target butts
- Barbecue grills - First come, first served
- Bicycle trails - paved (over 4 miles)
- Campground for Youth Groups
- Dog Park
- Two stocked Fishing lakes (license required for 16 Yrs+)
- Model aircraft flying area (radio controlled)
- Model sailboat area (radio controlled)
- Nature Center - Closed Mondays
- Park Ranger supervision
- Physical Fitness Course - 12 stations - Area II
- Picnic Areas - first come, first served, and reserved areas
- Picnic Shelters
- Playgrounds
- Caboose Corners at El Dorado Park. Train rides and party packages. Open 10:30 a.m.-4 p.m., Saturday and Sunday. March through October. To book a party or for more information call Caboose Corners at 562-824-7225 or visit www.cabooscorners.com.
- Pedal boat rentals; reservations, Call (562) 824-7717.
- Junior Olympic Archery Development (JOAD), call (626) 242-8870.
- Bicycle Rentals - Wheel Fun Rentals, call (805) 650-7770.

BELMONT PLAZA POOL

4320 East Olympic Plaza • (562) 570-1806

GENERAL INFORMATION

Belmont Plaza Pool is a year-round, outdoor facility. Water temperature is maintained between 80 – 82 degrees. Children under 48" tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change. **POOL CLOSED MONDAY, SEPTEMBER 3 (LABOR DAY); THURSDAY, NOVEMBER 22 (THANKSGIVING).**

OPEN SWIM FEES

Youth (ages 17 Yrs & under) \$1
Seniors (ages 50 Yrs & over) \$3
Adults (ages 18-49 Yrs) \$4

SWIM PASSES: Swim passes are available online or at the pool office. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$56, Adults-\$87. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

M-F 5:30-9:30 a.m.
M/W/F 10 a.m.-2 p.m.
Tu/Th 11:00 a.m.-2 p.m.
Tu/Th 7-9 p.m.
Sa & Su 8 a.m.-12 p.m.

ALL AGES RECREATION SWIM

M/W 7-9 p.m.
Sa & Su noon-2 p.m.

Swim meets and special events may cause changes to the regular pool schedule. Call the pool at 570-1806 for more information or check the website at: http://www.longbeach.gov/park/recreation/aquatics/pools/belmont_plaza_pool.asp

WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. For more information regarding the Water Exercise program, call (562) 570-1807. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$6 per class for adults. \$42 for a fitness pass valid for 10 classes.

Shallow Water Exercise: M/W/F/Su 11-11:50 a.m.
Tu/Th 7:10-8 p.m.
Deep Water Exercise: M/W/F/Su 10-10:50 a.m.

SWIM LESSONS

Class options: Saturday mornings, Monday/Wednesday evenings and Tuesday/Thursday evenings through November 3. Youth classes are 25 minutes in length; Adults 50 minutes.

Registration for classes will be available on-line (lbarks.org) or at Belmont Plaza Pool during regular scheduled hours. Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach.

Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit <http://lbarks.org> to register online.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be canceled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

27655	9 Mos-2 Yrs	9/10-10/3	3-3:25 p.m.	M/W	\$43
27656	9 Mos-2 Yrs	10/8-10/31	3-3:25 p.m.	M/W	\$43
27657	9 Mos-2 Yrs	9/10-10/3	6-6:25 p.m.	M/W	\$43
27658	9 Mos-2 Yrs	10/8-10/31	6-6:25 p.m.	M/W	\$43
27659	9 Mos-2 Yrs	9/1-10/20	9-9:25 a.m.	Sa	\$43
27660	9 Mos-2 Yrs	9/1-10/20	11:30-11:55 a.m.	Sa	\$43
27661	9 Mos-2 Yrs	10/27-12/15	9-9:25 a.m.	Sa	\$43
27662	9 Mos-2 Yrs	10/27-12/15	11:30-11:55 a.m.	Sa	\$43

AQUATICS – PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back-glide, introduction to arm and leg action on front, jumping in, and safety rules.

27663	3-5Yrs	9/10-10/3	3-3:25 p.m.	M/W	\$43
27664	3-5Yrs	10/8-10/31	3-3:25 p.m.	M/W	\$43
27665	3-5Yrs	9/10-10/3	5-5:25 p.m.	M/W	\$43
27666	3-5Yrs	10/8-10/31	5-5:25 p.m.	M/W	\$43
27667	3-5Yrs	9/1-10/20	9-9:25 a.m.	Sa	\$43
27668	3-5Yrs	9/1-10/20	10:30-10:55 a.m.	Sa	\$43
27669	3-5Yrs	10/27-12/15	9-9:25 a.m.	Sa	\$43
27670	3-5Yrs	10/27-12/15	10:30-10:55 a.m.	Sa	\$43

AQUATICS – PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

27671	3-5Yrs	9/10-10/3	3:30-3:55 p.m.	M/W	\$43
27672	3-5Yrs	10/8-10/31	3:30-3:55 p.m.	M/W	\$43
27673	3-5Yrs	9/10-10/3	5:30-5:55 p.m.	M/W	\$43
27674	3-5Yrs	10/8-10/31	5:30-5:55 p.m.	M/W	\$43
27675	3-5Yrs	9/1-10/20	9:30-9:55 a.m.	Sa	\$43
27676	3-5Yrs	9/1-10/20	11-11:25 a.m.	Sa	\$43
27677	3-5Yrs	10/27-12/15	9:30-9:55 a.m.	Sa	\$43
27678	3-5Yrs	10/27-12/15	11-11:25 a.m.	Sa	\$43

AQUATICS – PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

27679	3-5Yrs	9/10-10/3	3:30-3:55 p.m.	M/W	\$43
27680	3-5Yrs	10/8-10/31	3:30-3:55 p.m.	M/W	\$43
27681	3-5Yrs	9/1-10/20	9:30-9:55 a.m.	Sa	\$43
27682	3-5Yrs	10/27-12/15	9:30-9:55 a.m.	Sa	\$43

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

27624	6-12Yrs	9/10-10/3	4:30-4:55 p.m.	M/W	\$43
27625	6-12Yrs	10/8-10/31	4:30-4:55 p.m.	M/W	\$43
27626	6-12Yrs	9/10-10/3	6:30-6:55 p.m.	M/W	\$43
27627	6-12Yrs	10/8-10/31	6:30-6:55 p.m.	M/W	\$43
27628	6-12Yrs	9/1-10/20	10-10:25 a.m.	Sa	\$43
27630	6-12Yrs	10/27-12/15	10-10:25 a.m.	Sa	\$43
27629	6-12Yrs	9/1-10/20	11-11:25 a.m.	Sa	\$43
27631	6-12Yrs	10/27-12/15	11-11:25 a.m.	Sa	\$43



AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

27632	6-12Yrs	9/10-10/3	4-4:25 p.m.	M/W	\$43
27633	6-12Yrs	10/8-10/31	4-4:25 p.m.	M/W	\$43
27634	6-12Yrs	9/10-10/3	5:30-5:55 p.m.	M/W	\$43
27635	6-12Yrs	10/8-10/31	5:30-5:55 p.m.	M/W	\$43
27636	6-12Yrs	9/1-10/20	10-10:25 a.m.	Sa	\$43
27637	6-12Yrs	9/1-10/20	11:30-11:55 a.m.	Sa	\$43
27638	6-12Yrs	10/27-12/15	10-10:25 a.m.	Sa	\$43
27639	6-12Yrs	10/27-12/15	11:30-11:55 a.m.	Sa	\$43

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

27640	6-12Yrs	9/10-10/3	4-4:25 p.m.	M/W	\$43
27641	6-12Yrs	10/8-10/31	4-4:25 p.m.	M/W	\$43
27642	6-12Yrs	9/10-10/3	6-6:25 p.m.	M/W	\$43
27643	6-12Yrs	10/8-10/31	6-6:25 p.m.	M/W	\$43
27644	6-12Yrs	9/1-10/20	10:30-10:55 a.m.	Sa	\$43
27645	6-12Yrs	10/27-12/15	10:30-10:55 a.m.	Sa	\$43

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

27646	6-12Yrs	9/10-10/3	4:30-4:55 p.m.	M/W	\$43
27647	6-12Yrs	10/8-10/31	4:30-4:55 p.m.	M/W	\$43
27648	6-12Yrs	9/10-10/3	6:30-6:55 p.m.	M/W	\$43
27649	6-12Yrs	10/8-10/31	6:30-6:55 p.m.	M/W	\$43
27650	6-12Yrs	9/1-10/20	8:30-8:55 a.m.	Sa	\$43
27651	6-12Yrs	10/27-12/15	8:30-8:55 a.m.	Sa	\$43

AQUATICS - LEVEL 5-6

Skills taught in Level 5-6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

27652	6-12Yrs	9/10-10/3	5-5:25 p.m.	M/W	\$43
27872	6-12Yrs	10/8-10/31	5-5:25 p.m.	M/W	\$43
27653	6-12Yrs	9/1-10/20	8-8:25 a.m.	Sa	\$43
27654	6-12Yrs	10/27-12/15	8-8:25 a.m.	Sa	\$43

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

27610	13Yrs +	9/1-10/20	8-8:50 a.m.	Sa	\$51
27611	13Yrs +	10/27-12/15	8-8:50 a.m.	Sa	\$51



PRIVATE & SEMI-PRIVATE SWIM LESSONS: ENROLL TO THE WAIT-LIST ONLINE AT NO COST. POOL STAFF WILL FILL ALL AVAILABLE SLOTS FROM THE WAIT-LIST. Private lessons are offered as one-on-one with instructor. Price for private lessons is \$155 for eight (8) 25-minute lessons. Semi-Private lessons are offered as 2-3 students to 1 instructor. Price for semi-private lessons is \$103 for eight (8) 25-minute lessons. Lessons are offered on Saturday mornings, Monday/Wednesday evenings & Tuesday/Thursday evenings: March - October. Session dates run concurrent with group lessons. For information and availability please contact the pool at (562) 570-1807.

AQUATICS - BELMONT PRIVATE SWIM LESSONS

27612	9 Mos & Up	9/1-10/20	8a.m.- noon	Sa	\$155
27613	9 Mos & Up	9/10-10/3	3-7 p.m.	M/W	\$155
27614	9 Mos & Up	9/11-10/4	3-7 p.m.	Tu/Th	\$155
27615	9 Mos & Up	10/8-10/31	3-7 p.m.	M/W	\$155
27616	9 Mos & Up	10/9-11/1	3-7 p.m.	Tu/Th	\$155
27617	9 Mos & Up	10/27-12/15	8 a.m.- noon	Sa	\$155

AQUATICS - BELMONT SEMI PRIVATE SWIM LESSONS

27618	9 Mos & Up	9/1-10/20	8 a.m.- noon	Sa	\$103
27619	9 Mos & Up	9/10-10/3	3-7 p.m.	M/W	\$103
27620	9 Mos & Up	9/11-10/4	3-7 p.m.	Tu/Th	\$103
27621	9 Mos & Up	10/8-10/31	3-7 p.m.	M/W	\$103
27622	9 Mos & Up	10/9-11/1	3-7 p.m.	Tu/Th	\$103
27623	9 Mos & Up	10/27-12/15	8 a.m.- noon	Sa	\$103

KING PARK POOL

1910 Lemon Avenue • (562) 570-1718

GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children under 42 inches tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers". Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. POOL CLOSED MONDAY, SEPTEMBER 3 (LABOR DAY); THURSDAY, NOVEMBER 22 (THANKSGIVING).

OPEN SWIM FEES

Youth (ages 17 Yrs & under)	\$1
Senior Citizens (ages 50 Yrs & up)	\$2
Adults (ages 18-49 Yrs)	\$3

SWIM PASSES: Swim passes are available online or at the pool office. Each swim pass purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

Tu/Th/F	6-8 a.m.
Tu/Th/F	Noon-2 p.m.
Tu/Th	9-11 a.m.
Sa/Su	11:30 a.m.-1 p.m.

ALL AGES RECREATION SWIM

Sa/Su	1-3:30 p.m.
Tu/Th/F	2:30-4 p.m.
Tu/Th	6:30-8 p.m.

WATER EXERCISE CLASSES

Ages 16 & up. Looking for a new style of exercise? This is the class for you! It will help you shape-up and keep fit. This class is offered on an on-going basis. Don't miss the fun! Fee is \$3 per class meeting. Senior Citizens 50+ free with a Senior Fitness Pass.

Deep Water	Tu/Th/F	6:30-7:20 a.m.
Shallow Water	Tu/Th/F	8-8:50 a.m.
Shallow Water	M/W	6-6:50 p.m.

SWIMMING LESSONS

Class options: Tuesday/Thursday or Saturday. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available online or at King Park Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a pre-printed address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at King Park Pool. Visit www.lbparks.org to register online. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kick-boards, floating on back and rolling over.

27795	9 Mos-3 Yrs	9/1-10/20	11-11:25 a.m.	Sa	\$32
27796	9 Mos-3 Yrs	9/4-9/27	6-6:25 p.m.	Tu/Th	\$32
27797	9 Mos-3 Yrs	10/2-10/25	6-6:25 p.m.	Tu/Th	\$32
27798	9 Mos-3 Yrs	10/27-12/15	11-11:25 a.m.	Sa	\$32
27799	9 Mos-3 Yrs	10/30-11/20	6- 6:25 p.m.	Tu/Th	\$28
27800	9 Mos-3 Yrs	11/27-12/20	6- 6:25 p.m.	Tu/Th	\$32



AQUATICS - PRE-SCHOOL AQUATICS 1

Skills taught in Pre-School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

27801	3-5 Yrs	9/1-10/20	10-10:25 a.m.	Sa	\$32
27802	3-5 Yrs	9/1-10/20	11:30-11:55 a.m.	Sa	\$32
27803	3-5 Yrs	9/1-10/20	noon-12:25 p.m.	Sa	\$32
27804	3-5 Yrs	9/4-9/27	4-4:25 p.m.	Tu/Th	\$32
27805	3-5 Yrs	9/4-9/27	5:30-5:55 p.m.	Tu/Th	\$32
27806	3-5 Yrs	10/2-10/25	4-4:25 p.m.	Tu/Th	\$32
27807	3-5 Yrs	10/2-10/25	5:30-5:55 p.m.	Tu/Th	\$32
27808	3-5 Yrs	10/27-12/15	10-10:25 a.m.	Sa	\$32
27809	3-5 Yrs	10/27-12/15	11:30-11:55 a.m.	Sa	\$32
27810	3-5 Yrs	10/27-12/15	noon-12:25 p.m.	Sa	\$32
27811	3-5 Yrs	10/30-11/20	4-4:25 p.m.	Tu/Th	\$28
27812	3-5 Yrs	10/30-11/20	5:30-5:55 p.m.	Tu/Th	\$28
27813	3-5 Yrs	11/27-12/20	4-4:25 p.m.	Tu/Th	\$32
27814	3-5 Yrs	11/27-12/20	5:30-5:55 p.m.	Tu/Th	\$32

AQUATICS - PRE-SCHOOL AQUATICS 2

Skills taught in Pre-School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

27815	3-5 Yrs	9/1-10/20	10:30-10:55 a.m.	Sa	\$32
27816	3-5 Yrs	9/4-9/27	5-5:25 p.m.	Tu/Th	\$32
27817	3-5 Yrs	10/2-10/25	5-5:25 p.m.	Tu/Th	\$32
27818	3-5 Yrs	10/27-12/20	10:30-10:55 a.m.	Sa	\$32
27819	3-5 Yrs	10/30-11/20	5-5:25 p.m.	Tu/Th	\$28
27820	3-5 Yrs	11/27-12/20	5-5:25 p.m.	Tu/Th	\$32

42 REGISTER ONLINE AT WWW.LBPARKS.ORG

AQUATICS - PRE-SCHOOL AQUATICS 3

Skills taught in Pre-School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breast-stroke, and water safety skills.

27821	3-5 Yrs	9/1-10/20	10:30-10:55 a.m.	Sa	\$32
27822	3-5 Yrs	9/4-9/27	5 p-5:25 p.m.	Tu/Th	\$32
27823	3-5 Yrs	10/2-10/25	5-5:25 p.m.	Tu/Th	\$32
27824	3-5 Yrs	10/27-12/15	10:30-10:55 a.m.	Sa	\$32
27825	3-5 Yrs	10/30-11/20	5-5:25 p.m.	Tu/Th	\$28
27826	3-5 Yrs	11/27-12/20	5-5:25 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

27759	6-12 Yrs	9/1-10/20	10-10:25 a.m.	Sa	\$32
27760	6-12 Yrs	9/1-10/20	11-11:25 a.m.	Sa	\$32
27761	6-12 Yrs	9/1-10/20	noon-12:25 p.m.	Sa	\$32
27762	6-12 Yrs	9/4-9/27	4:30-4:55 p.m.	Tu/Th	\$32
27763	6-12 Yrs	10/2-10/25	4:30-4:55 p.m.	Tu/Th	\$32
27764	6-12 Yrs	10/27-12/15	10-10:25 a.m.	Sa	\$32
27765	6-12 Yrs	10/27-12/15	11-11:25 a.m.	Sa	\$32
27766	6-12 Yrs	10/27-12/15	noon-12:25 p.m.	Sa	\$32
27767	6-12 Yrs	10/30-11/20	4:30-4:55 p.m.	Tu/Th	\$28
27768	6-12 Yrs	11/27-12/20	4:30-4:55 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

27769	6-12 Yrs	9/1-10/20	10:30-10:55 a.m.	Sa	\$32
27770	6-12 Yrs	9/4-9/27	5:30-5:55 p.m.	Tu/Th	\$32
27771	6-12 Yrs	10/2-10/25	5:30-5:55 p.m.	Tu/Th	\$32
27772	6-12 Yrs	10/27-12/15	10:30-10:55 a.m.	Sa	\$32
27773	6-12 Yrs	10/30-11/20	5:30-5:55 p.m.	Tu/Th	\$28
27774	6-12 Yrs	11/27-12/20	5:30--5:55 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

27775	6-12 Yrs	9/1-10/20	11:30-11:55 a.m.	Sa	\$32
27776	6-12 Yrs	9/4-9/27	6-6:25 p.m.	Tu/Th	\$32
27777	6-12 Yrs	10/2-10/25	6-6:25 p.m.	Tu/Th	\$32
27778	6-12 Yrs	11/27-12/20	11:30-11:55 a.m.	Sa	\$32
27779	6-12 Yrs	10/30-11/20	6-6:25 p.m.	Tu/Th	\$28
27780	6-12 Yrs	11/27-12/20	6-6:25 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

27781	6-12 Yrs	9/1-10/20	11-11:25 a.m.	Sa	\$32
27782	6-12 Yrs	9/4-9/27	4:30-4:55 p.m.	Tu/Th	\$32
27783	6-12 Yrs	10/2-10/25	4:30-4:55 p.m.	Tu/Th	\$32
27784	6-12 Yrs	10/27-12/15	11-11:25 a.m.	Sa	\$32
27785	6-12 Yrs	10/30-11/20	4:30-4:55 p.m.	Tu/Th	\$28
27786	6-12 Yrs	11/27-12/20	4:30-4:55 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 5 (Saturday) OR LEVEL 5/6 (Tuesday & Thursday)

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

Tuesday/Thursday Classes are combined with Level 6.

27787	6-12 Yrs	9/1-10/20	9-9:25 a.m.	Sa	\$32
27788	6-12 Yrs	10/27-12/15	9-9:25 a.m.	Sa	\$32

27789	6-12 Yrs	9/4-9/27	5-5:25 p.m.	Tu/Th	\$32
27790	6-12 Yrs	10/2-10/25	5-5:25 p.m.	Tu/Th	\$32
27791	6-12 Yrs	10/30-11/20	5-5:25 p.m.	Tu/Th	\$28
27792	6-12 Yrs	11/27-12/20	5-5:25 p.m.	Tu/Th	\$32

AQUATICS - LEVEL 6 (SATURDAY) OR LEVEL 5/6 (TUESDAY & THURSDAY)

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and butterfly. Tuesday/Thursday Classes are combined with Level 5.

27789	6-12 Yrs	9/4-9/27	5-5:25 p.m.	Tu/Th	\$32
27790	6-12 Yrs	10/2-10/25	5-5:25 p.m.	Tu/Th	\$32
27791	6-12 Yrs	10/30-11/20	5-5:25 p.m.	Tu/Th	\$28
27792	6-12 Yrs	11/27-12/20	5-5:25 p.m.	Tu/Th	\$32
27793	6-12 Yrs	9/1-10/20	9-9:25 a.m.	Sa	\$32
27794	6-12 Yrs	10/27-12/15	9-9:25 a.m.	Sa	\$32

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

27751	13 Yrs+	9/1-10/20	9-9:50 a.m.	Sa	\$40
27752	13 Yrs+	9/4-9/27	5:30-6:20 p.m.	Tu/Th	\$40
27753	13 Yrs+	10/2-10/25	5:30-6:20 p.m.	Tu/Th	\$40
27754	13 Yrs+	10/27-12/15	9-9:50 a.m.	Sa	\$40
27755	13 Yrs+	10/30-11/20	5:30-6:20 p.m.	Tu/Th	\$35
27756	13 Yrs+	11/27-12/20	5:30-6:20 p.m.	Tu/Th	\$40

JUNIOR LIFEGUARD PROGRAM

Get started for a future job as a lifeguard. Learn swimming and life-guarding skills. Must have Level 5 swim skills and be between the ages of 13-16. Please call the pool for more information.

Saturdays, 9:30 a.m.-10:30 a.m. starting September 1.

POOL RENTALS

Please call the pool supervisor at 570-1718 for information, fees and scheduling availability.



SILVERADO PARK POOL

1540 West 32nd Street • (562) 570-1721

GENERAL INFORMATION

Silverado Pool is a year-round, indoor facility. Water temperature is maintained between 82 - 84 degrees. Children under 42 inches tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. **POOL CLOSED - MONDAY, SEPTEMBER 3 (LABOR DAY); THURSDAY, NOVEMBER 22 (THANKSGIVING).**

OPEN SWIM FEES

Youth (ages 17 Yrs & under) \$1
Seniors (ages 50 Yrs & over) \$2
Adults (ages 18-49 Yrs) \$3

SWIM PASSES: Swim passes are available online or at the pool office. Each swim pass purchase valid for One year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

M/W/F 6:30 - 11 a.m.
M/W/F Noon - 2 p.m.
M/W 6 - 7 p.m., 2 LANES ONLY
Sa Noon - 1 p.m.
Su 8 - 11 a.m.

ALL AGES RECREATION SWIM

M/W 2 - 3:30 p.m.
Sa 1 - 3:30 p.m.

WATER EXERCISE CLASSES

Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$3 per class for adults. Benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back.

Shallow Water Exercise: M/W/F/Su 11 - 11:50 a.m.
Deep Water Exercise: M/W/F 10 - 10:50 a.m.

WEIGHT ROOM

We offer Universal equipment and two Lifecycles. The weight room is open during the above hours of operation. Fees include pool use and are the same as pool entry. Users must be 18 years of age and wear closed toe shoes and T-shirts.

SWIMMING LESSONS:

Class options: Monday and Wednesday or Saturday. Classes are 25 minutes in length. Registration for classes will be available on-line or at Silverado Park Pool during regular scheduled hours up to 15 minutes before closing.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit www.lbparks.org to register online.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

28323	9 Mos-3 Yrs	9/1-10/20	9-9:25 a.m.	Sa	\$32
28344	9 Mos-3 Yrs	9/5-9/26	6-6:25 p.m.	M/W	\$28
28355	9 Mos-3 Yrs	10/1-10/24	6-6:25 p.m.	M/W	\$32
28357	9 Mos-3 Yrs	10/27-12/15	9-9:25 a.m.	Sa	\$32
28378	9 Mos-3 Yrs	10/29-11/21	6-6:25 p.m.	M/W	\$32
28389	9 Mos-3 Yrs	11/26-12/19	6-6:25 p.m.	M/W	\$32

AQUATICS - PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

28324	3-5 Yrs	9/1-10/20	9:30-9:55 a.m.	Sa	\$32
28328	3-5 Yrs	9/1-10/20	10-10:25 a.m.	Sa	\$32
28334	3-5 Yrs	9/5-9/26	4-4:25 p.m.	M/W	\$28
28345	3-5 Yrs	10/1-10/24	4-4:25 p.m.	M/W	\$32
28358	3-5 Yrs	10/27-12/15	9:30-9:55 a.m.	Sa	\$32
28362	3-5 Yrs	10/27-12/15	10-10:25 a.m.	Sa	\$32
28368	3-5 Yrs	10/29-11/21	4-4:25 p.m.	M/W	\$32
28379	3-5 Yrs	11/26-12/19	4-4:25 p.m.	M/W	\$32

AQUATICS - PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

28325	3-5 Yrs	9/1-10/20	9:30-9:55 a.m.	Sa	\$32
28335	3-5 Yrs	9/5-9/26	4-4:25 p.m.	M/W	\$28
28346	3-5 Yrs	10/1-10/24	4-4:25 p.m.	M/W	\$32
28359	3-5 Yrs	10/27-12/15	9:30-9:55 a.m.	Sa	\$32
28369	3-5 Yrs	10/29-11/21	4-4:25 p.m.	M/W	\$32
28380	3-5 Yrs	11/26-12/19	4-4:25 p.m.	M/W	\$32



AQUATICS – PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

28331	3-5 Yrs	9/1-10/20	10:30-10:55 a.m.	Sa	\$32
28342	3-5 Yrs	9/5-9/26	5-5:25 p.m.	M/W	\$28
28353	3-5 Yrs	10/1-10/24	5-5:25 p.m.	M/W	\$32
28365	3-5 Yrs	10/27-12/15	10:30-10:55 a.m.	Sa	\$32
28376	3-5 Yrs	10/29-11/21	5-5:25 p.m.	M/W	\$32
28387	3-5 Yrs	11/26-12/19	5-5:25 p.m.	M/W	\$32



AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

28326	6-12 Yrs	9/1-10/20	10-10:25 a.m.	Sa	\$32
28390	6-12 Yrs	9/1-10/20	11-11:25 a.m.	Sa	\$32
28336	6-12 Yrs	9/5-9/26	4:30-4:55 p.m.	M/W	\$28
28347	6-12 Yrs	10/1-10/24	4:30-4:55 p.m.	M/W	\$32
28360	6-12 Yrs	10/27-12/15	10-10:25 a.m.	Sa	\$32
28391	6-12 Yrs	10/27-12/15	11-11:25 a.m.	Sa	\$32
28370	6-12 Yrs	10/29-11/21	4:30-4:55 p.m.	M/W	\$32
28381	6-12 Yrs	11/26-12/19	4:30-4:55 p.m.	M/W	\$32

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

28327	6-12 Yrs	9/1-10/20	10-10:25 a.m.	Sa	\$32
28337	6-12 Yrs	9/5-9/26	4:30-4:55 p.m.	M/W	\$28
28348	6-12 Yrs	10/1-10/24	4:30-4:55 p.m.	M/W	\$32
28361	6-12 Yrs	10/27-12/15	10-10:25 a.m.	Sa	\$32
28371	6-12 Yrs	10/29-11/21	4:30-4:55 p.m.	M/W	\$32
28382	6-12 Yrs	11/26-12/19	4:30-4:55 p.m.	M/W	\$32

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

28329	6-12 Yrs	9/1-10/20	10:30-10:55 a.m.	Sa	\$32
28338	6-12 Yrs	9/5-9/26	5-5:25 p.m.	M/W	\$28
28349	6-12 Yrs	10/1-10/24	5-5:25 p.m.	M/W	\$32
28363	6-12 Yrs	10/27-12/15	10:30-10:55 a.m.	Sa	\$32
28372	6-12 Yrs	10/29-11/21	5-5:25 p.m.	M/W	\$32
28383	6-12 Yrs	11/26-12/19	5-5:25 p.m.	M/W	\$32

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

28330	6-12 Yrs	9/1-10/20	10:30-10:55 a.m.	Sa	\$32
28339	6-12 Yrs	9/5-9/26	5-5:25 p.m.	M/W	\$28
28350	6-12 Yrs	10/1-10/24	5-5:25 p.m.	M/W	\$32
28364	6-12 Yrs	10/27-12/15	10:30-10:55 a.m.	Sa	\$32
28373	6-12 Yrs	10/29-11/21	5-5:25 p.m.	M/W	\$32
28384	6-12 Yrs	11/26-12/19	5-5:25 p.m.	M/W	\$32

AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

28332	6-12 Yrs	9/1-10/20	11-11:25 a.m.	Sa	\$32
28340	6-12 Yrs	9/5-9/26	5:30-5:55 p.m.	M/W	\$28
28351	6-12 Yrs	10/1-10/24	5:30-5:55 p.m.	M/W	\$32
28366	6-12 Yrs	10/27-12/15	11-11:25 a.m.	Sa	\$32
28374	6-12 Yrs	10/29-11/21	5:30-5:55 p.m.	M/W	\$32
28385	6-12 Yrs	11/26-12/19	5:30-5:55 p.m.	M/W	\$32

AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

28333	6-12 Yrs	9/1-10/20	11-11:25 a.m.	Sa	\$32
28341	6-12 Yrs	9/5-9/26	5:30-5:55 p.m.	M/W	\$28
28352	6-12 Yrs	10/1-10/24	5:30-5:55 p.m.	M/W	\$32
28367	6-12 Yrs	10/27-12/15	11-11:25 a.m.	Sa	\$32
28375	6-12 Yrs	10/29-11/21	5:30-5:55 p.m.	M/W	\$32
28386	6-12 Yrs	11/26-12/19	5:30-5:55 p.m.	M/W	\$32

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

28322	13 Yrs +	9/1-10/20	8-8:55 a.m.	Sa	\$40
28343	13 Yrs +	9/5-9/26	6-6:50 p.m.	M/W	\$35
28354	13 Yrs +	10/1-10/24	6-6:50 p.m.	M/W	\$40
28356	13 Yrs +	10/27-12/15	8-8:55 a.m.	Sa	\$40
28377	13 Yrs +	10/29-11/21	6-6:50 p.m.	M/W	\$40
28388	13 Yrs +	11/26-12/19	6-6:50 p.m.	M/W	\$40

PRIVATE SWIM LESSONS

Instructor Robert Bruce Hirschhorn has 37 years of experience specializing in early childhood water safety, adult beginners and special needs students of all ages. The fee for five 20-minute private lessons is \$175. Lessons are by appointment only. Call (562) 431-4080 for information regarding this program.



LEEWAY SAILING CENTER

5437 East Ocean Boulevard • (562) 570-1719

GENERAL INFORMATION



Leeway Sailing Center offers lessons in sailing. All classes require registration at least 48 hours in advance either online or at the Parks, Recreation and Marine Registration Office. Registrations are not accepted at the facility. **LEEWAY CLOSED SATURDAY, SEPTEMBER 1 – MONDAY, SEPTEMBER 3 (LABOR DAY Holiday).**

BEGINNING SABOT SAILING (8'

BOATS) 8 Yrs & up • \$117

A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.

27833	9/8-9/29	9 a.m. - 12 p.m.	Sa
27834	10/6-10/27	9 a.m. - 12 p.m.	Sa
27835	11/3-11/24	9 a.m. - 12 p.m.	Sa

INTERMEDIATE SABOT SAILING (8' BOATS) 8 Yrs & up • \$117

An intermediate class for sailors that have completed Beginning Sabot. This class focuses on boat handling skills and beginning tactics.

27840	9/8-9/29	12:30 - 3:30 p.m.	Sa
27841	10/6-10/27	12:30 - 3:30 p.m.	Sa
27842	11/3-11/24	12:30 - 3:30 p.m.	Sa

BEGINNING CAPRI SAILING (14' BOATS) 13 Yrs & up • \$117

A beginning sailing class designed to introduce adult students to the exciting sport of dinghy sailing.

27827	9/8-9/29	9 a.m. - 12 p.m.	Sa
27828	10/6-10/27	9 a.m. - 12 p.m.	Sa
27829	11/3-11/24	9 a.m. - 12 p.m.	Sa
27830	9/9-9/30	9 a.m. - 12 p.m.	Su
27831	10/7-10/28	9 a.m. - 12 p.m.	Su
27832	11/4-11/25	9 a.m. - 12 p.m.	Su

INTERMEDIATE CAPRI SAILING (14' BOATS) 13 Yrs & up • \$117

For sailors who have completed our Beginning Capri class. Learn advanced sailing skills such as solo sailing, backwinding, basic racing, tiller extensions and controlled jibes.

27837	9/9-9/30	12:30 - 3:30 p.m.	Su
27838	10/7-10/28	12:30 - 3:30 p.m.	Su
27839	11/4-11/25	12:30 - 3:30 p.m.	Su

KEELBOAT CLASS 13 Yrs & up • \$133

A class for those with sailing experience. Participants must have Intermediate Capri certification and/or skills needed for ocean sailing on a Keelboat.

27843	9/9-9/30	10 a.m. - 2 p.m.	Su
27844	10/7-10/28	10 a.m. - 2 p.m.	Su
27845	11/4-11/25	10 a.m. - 2 p.m.	Su

SABOT RACING CLINIC (8' BOATS) 8 Yrs & up • \$185

This six-week course is designed for Sabot students that would like to learn racing strategy, tactics, and advanced boat handling skills. Participants should bring their own lunch, water and snacks. Must have instructor approval to register. Class will take place every other Sunday from 12-3 p.m. The classes will be held: Sept 17, Oct 1, Oct 15, Oct 29, Nov 12, Nov 26.



PRIVATE LESSONS

Private and semi-private lessons in sailing, kayaking, and canoeing are available. Call Leeway Sailing Center at (562) 570-1719 for more information.

SAIL CLUB

A rental program offered on Saturdays from noon-5 p.m. year-round.

All participants must have successfully completed a course conducted by Leeway Sailing Center or must pass a skills check conducted by Leeway staff prior to renting equipment. A skills check may be scheduled by calling the Sailing Center at (562) 570-1719 at least one week in advance. The skills check fee is \$92 per person.

Rental rates are as follows:

Capri & Sabots: \$17/hour

Kayaks & Canoe: \$13/hour



RECREATIONAL SWIM PROGRAMS

Swimming is a great recreational activity for people of all ages. Recreational swimming can provide a low-impact workout and it's also a good way to relax and feel good.



All Pools

Apparel: Swimsuits required. Infants must wear "swim diapers"

Rules: Under minimum height must be accompanied by adult in pool at all times. Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change.

Closed Days: September 3 (Labor Day); November 22 (Thanksgiving)



Belmont Plaza
4320 East Olypic Plaza
562.570.1806

King Park Pool
1910 Lemon Ave
562.570.1718

Silverado Park Pool
1540 West 32nd Street
562.570.1721

Pool Description: Year-round, outdoor pool
Water Temperature: 80° – 82° F
Swimmer Minimum Height: 48" Tall Minimum
Open Swim Fees: Youth (17 Yrs & under) \$1
Senior (50 Yrs & over) \$3
Adult (18-49 Yrs) \$4

Year-round, indoor pool
83°-85° F
42" Tall Minimum
Youth (17 Yrs & under) \$1
Senior (50 Yrs & up) \$2
Adult (18-49 Yrs) \$3

Year-round, indoor pool
82° - 84° F
42" Tall Minimum
Youth (17 Yrs & under) \$1
Senior (50 Yrs & up) \$2
Adult (18-49 Yrs) \$3

Save by purchasing a swim pass!

Swim Passes: Purchase online or at pool. Passes valid for 25 visits for one year from purchase. Fees subject to change.



Belmont Plaza
Youth - \$25
Senior - \$56
Adult - \$87

King Park
Youth - \$25
Senior - \$40
Adult - \$65

Silverado Park
Youth - \$25
Senior - \$40
Adult - \$65

Belmont Plaza Pool

Swim meets and special events may change pool schedule. Call 570-1806 for more information or visit: http://www.longbeach.gov/park/recreation/aquatics/pools/belmont_plaza_pool.asp

Lap Swim

M-F 5:30-9:30 a.m.
M/W/F 10 a.m.-2 p.m.
Tu/Th 11 a.m.-2 p.m.
Tu/Th 7-9 p.m.
Sa & Su 8 a.m.-12 p.m.

All Ages Recreation Swim

M/W 7-9 p.m.
Sa & Su Noon-2 p.m.

King Park Pool

Lap Swim

Tu/Th/F 6 - 8 a.m.
Tu/Th/F Noon-2 p.m.
Tu/Th 9-11 a.m.
Sa/Su 11:30 a.m.-1 p.m.

All Ages Recreation Swim

Sa/Su 1-3:30 p.m.
Tu/Th/F 2:30-4 p.m.
Tu/Th 6:30-8 p.m.



Silverado Pool

Lap Swim

M/W/F 6:30 - 11 a.m.
M/W/F Noon - 2 p.m.
M/W 6 - 7 p.m., 2 Lanes only
Sa Noon - 1 p.m.
Su 8 - 11 a.m.

All Ages Recreation Swim

M/W 2 - 3:30 p.m.
Sa 1 - 3:30 p.m.



HOMELAND CULTURAL CENTER

1321 Anaheim St., MacArthur Park • (562) 570-1655

Hours: Monday-Thursday 3-10 p.m.
Saturday 10 a.m.-6 p.m.,
Sunday 9 a.m.-6 p.m.
Closed Fridays

FREE CLASSES AND WORKSHOPS! WINNER OF EXCELLENCE CALIFORNIA PARK AND RECREATION SOCIETY.



Explore and share traditional and contemporary cultural traditions!

Homeland Cultural Center at MacArthur Park is a uniquely welcoming multicultural environment. Programs are offered year-round in traditional ethnic and urban contemporary arts. All programs are free and open to the public, and no registration is necessary.

African Drum/Dance

10 a.m.-4 p.m.Sa

Aztec Dance

7-9 p.m. W

Ballet Folklorico W

5-7 p.m.

Bokator (Martial Arts)

7-9 p.m.W, Th

Breakdancing for Kids

4-6 p.m.Tu

Cambodian Art and MusicSa

2-4pm

Drums

4-6 p.m.Tu

Graf Murals

6-10 p.m. M, Tu

Guitar/Bass

4-6 p.m.Th

Hmong Arts

9 a.m.-2 p.m.Su

Krump DanceTh

7-9 p.m.

Micronesian Arts

2-6 p.m.Su

Movie Makers Workshop

1-3 p.m.Sa

Popping and Breakdance

6-10 p.m. M, Tu

Senior Recreational Dance

3-5 p.m.Tu, W

Women's writing workshopM

7-9 p.m.



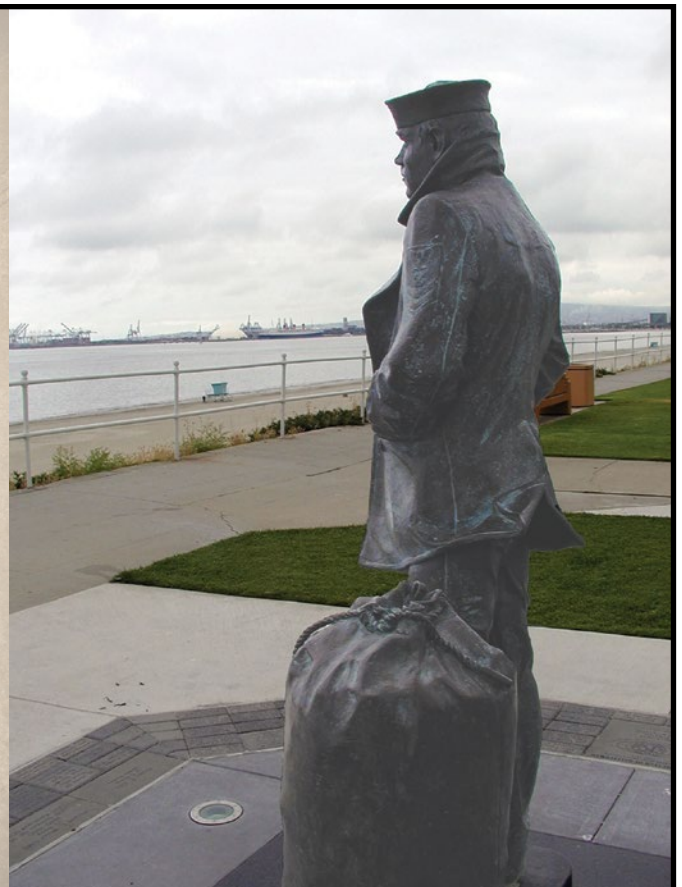
RECOGNITION CEREMONY

**SATURDAY,
OCTOBER 13, 2018**

**14TH ANNIVERSARY OF THE DEDICATION
OF THE LONE SAILOR MEMORIAL AND THE
257TH ANNIVERSARY OF THE US NAVY
10 A.M. – NOON**

BLUFF PARK; OCEAN AND PALOMA

Join us in honoring those who served in the Navy, Marines, Coast Guard, Merchant Marines and the anniversary of the US Navy. Learn how you can dedicate a brick to a family member, friend or loved one in their honor. For more information call Partners of Parks at 562-570-3201 or visit partnersofparks.org.



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• SHORELINE MARINA

• RAINBOW HARBOR/MARINA



DEPARTMENT OF
PARKS, RECREATION & MARINE

CITY OF
LONG BEACH

Availability subject to vessel size and slip location. Wait lists are required in some situations.

Long Beach Parks, Recreation & Marine

FITNESS ZONES

Leg press • Lower body exercise • Stand
up pendulum for abdominal exercise
Cross country ski machine • Vertical press
for arms and legs • Pull down lift for back
muscles • Equipment varies by location
Accessible to those with disabilities

ADMIRAL KIDD PARK LIFE TRAIL

2125 Santa Fe Avenue

BIXBY PARK

150 Cherry Ave

CESAR E CHAVEZ PARK

401 Golden Avenue

COOLIDGE PARK

352 E. Neece St

HOUGHTON PARK

6301 Myrtle Avenue

MOLINA PARK

Coming Soon

SHORELINE FITNESS LOOP

160 E Shoreline Dr
(part of 4.8 mile - loop)

ORIZABA PARK

Orizaba and Spaulding

14TH STREET PARK

Locust and Palmer Court

IT'S FREE!

Easy to use • Enjoy the outdoors while you workout
Save money, no gym membership
Exercise with family and friends in a safe, fun environment



TENNIS

Billie Jean King Tennis Center, El Dorado Tennis Center,
Los Cerritos Tennis Center, Marina Vista, and Naples Tennis Courts

Register online at lbarks.org or use the Registration Form on page 55. Make checks payable to FIRST SERVE and mail to: 1040 Park Avenue, Long Beach, CA 90804. Drop your form off at Billie Jean King or El Dorado Park Tennis Centers. Students should wear court-appropriate tennis shoes, PLEASE, NO BLACK-SOLED SHOES ALLOWED!! Each participant is required to bring two cans of new tennis balls to the first class. PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. If minimum enrollment is not met, classes may be combined or cancelled.

Tennis courts locations: Billie Jean King Tennis Center, 10th and Park Ave., El Dorado Tennis Center, 2800 Studebaker Road, Los Cerritos Park Tennis Center, 3750 Del Mar Ave., Marina Vista, Colorado St. and Santiago Ave., Naples Tennis Courts, Tivoli Drive between Saint Irmo Way and 2nd St.

TOTS

Introduce your child to the game of tennis. Hand-eye coordination will be developed in this fun-filled class. 10 weeks.

Los Cerritos				Pastorini	
27490	Beg	4-5 Yrs	9/10-11/12	4:30-5 p.m.	M \$100
Billie Jean King				Da Costa	
27491	Beg	4-5 Yrs	9/11-11/13	3-3:30 p.m.	Tu \$100
28534	Beg	4-5 Yrs	9/12-11/14	3-3:30 p.m.	W \$100
28535	Beg	4-5 Yrs	9/15-11/17	11-11:30 a.m.	Sa \$100
El Dorado Park West				Pros	
27492	Beg	4-5 Yrs	9/14-11/16	3-3:30 p.m.	F \$100
27493	Beg	4-5 Yrs	9/15-11/17	8:30-9 a.m.	Sa \$100
Naples				Inouye	
27494	Beg	4-5 Yrs	9/15-11/17	9:30-10 a.m.	Sa \$100
27495	Beg	4-5 Yrs	9/16-11/18	9:30-10 a.m.	Su \$100

FIRST STROKES

Intended for children just learning the game of tennis. Hand-eye coordination, stroke & movement drills will be learned in a fun-filled way. Small group class size: Min 4/Max 11. 10 Weeks.

Billie Jean King				Da Costa	
27498	Beg	5-6 Yrs	9/10-11/12	3:30-4 p.m.	Tu \$100
28536	Beg	5-6 Yrs	9/12-11/14	3:30-4 p.m.	W \$100
28537	Beg	5-6 Yrs	9/15-11/17	11:30 a.m.-noon	Sa \$100
El Dorado Park West				Pros	
27496	Beg	5-6 Yrs	9/10-11/12	3:30-4 p.m.	M \$100
27499	Beg	5-6 Yrs	9/12-11/14	3:30-4 p.m.	W \$100
27501	Beg	5-6 Yrs	9/14-11/16	3:30-4 p.m.	F \$100
Los Cerritos				Pastorini	
27497	Beg	5-6 Yrs	9/10-11/12	4:30-5 p.m.	M \$100
Marina Vista				Da Costa	
27500	Beg	5-6 Yrs	9/13-11/15	3-3:30 p.m.	Th \$100
Naples				Inouye	
27502	Adv	5-6 Yrs	9/15-11/17	9-9:30 a.m.	Sa \$100
27503	Beg/AdvBeg	5-6 Yrs	9/16-11/18	9-9:30 a.m.	Su \$100

YOUTH

Students must possess the following skills before registering: Beg-no experience, AdvBeg-knowledge of ground strokes, grips and ready positions; Int-rules of the game, consistent ground stroke and serve. Group Lessons: Min 6/Max 11. 10 Weeks.

Billie Jean King				Da Costa	
28538	Int	7-15 Yrs	9/15-11/17	noon-1 p.m.	Sa \$120

El Dorado Park West				Pros	
27504	Beg	7-15 Yrs	9/10-11/12	4-5 p.m.	M \$120
27506	Beg	7-15 Yrs	9/11-11/13	4:30-5:30 p.m.	Tu \$120
27507	AdvBeg	7-15 Yrs	9/11-11/13	5:30-6:30 p.m.	Tu \$120
27508	Beg	7-15 Yrs	9/12-11/14	4-5 p.m.	W \$120
27509	AdvBeg	7-15 Yrs	9/12-11/14	5-6 p.m.	W \$120
27511	Beg	7-15 Yrs	9/13-11/15	4:30-5:30 p.m.	Th \$120
27512	AdvBeg	7-15 Yrs	9/13-11/15	5:30-6:30 p.m.	Th \$120
27513	Beg/AdvBeg	7-15 Yrs	9/14-11/16	4-5 p.m.	F \$120
27514	Beg	7-10 Yrs	9/15-11/17	9-10 a.m.	Sa \$120
27515	AdvBeg	11-15 Yrs	9/15-11/17	10-11 a.m.	Sa \$120

Los Cerritos				Pastorini	
27505	Beg/AdvBeg	11-15 Yrs	9/10-11/12	5-6 p.m.	M \$120
Los Cerritos				Sleigh	
27516	Beg	7-10 Yrs	9/16-11/18	1-2 p.m.	Su \$120
27517	AdvBeg	11-15 Yrs	9/16-11/18	2-3 p.m.	Su \$120

Marina Vista				Da Costa	
27510	Beg	7-10 Yrs	9/13-11/15	3:30-4:30 p.m.	Th \$120

ADULT GROUP CLASSES

Beginning (Beg) students learn the basic strokes and grip. Advanced Beginners (AdvBeg) continue improvement of basic strokes and strategy. Intermediate (Int) and Advanced (Adv) players work on perfecting strategy and knowledge of the game. The first class will include a skills test to determine if you are in the correct level. 16 Yrs & up Small Group class size: min 6/max 12. 10 Weeks. 9 Weeks – NO CLASS MONDAY, NOV 12; WEDNESDAY, NOV 14; SATURDAY, NOV 17.

SMALL GROUPS

Billie Jean King				Pastorini	
27523	Int		9/11-11/13	7-8:30 p.m.	Tu \$155
El Dorado West				Unger	
27518	LowInt/Int		9/10-11/12	6-7 p.m.	M \$108
27519	HiInt/Adv		9/10-11/12	7-8:30 p.m.	M \$140
27520	LowInt/Int		9/12-11/14	6-7 p.m.	W \$108
27521	HighInt		9/12-11/14	7-8:30 p.m.	W \$140
Scherer				Unger	
27522	Int/HiInt		9/15-11/17	10-11:30 a.m.	Sa \$140
El Dorado West				Pros	
27847	AdvBeg		9/10-11/12	9-10 a.m.	M \$120
27525	Int		9/10-11/12	10-11 a.m.	M \$120
27526	Beg		9/10-11/12	7-8 p.m.	M \$120
27527	AdvBeg		9/10-11/12	8-9 p.m.	M \$120
27848	AdvBeg		9/11-11/13	9-10 a.m.	Tu \$120
27854	Int		9/11-11/13	10-11 a.m.	Tu \$120
27849	AdvBeg		9/11-11/13	6:30-7:30 p.m.	Tu \$120
27855	Int		9/11-11/13	7:30-8:30 p.m.	Tu \$120
27859	Beg		9/12-11/14	9-10 a.m.	W \$120
25816	Beg/AdvBeg		9/12-11/14	10-11 a.m.	W \$120
27868	Int		9/12-11/14	11 a.m.-noon	W \$120
27861	AdvBeg		9/12-11/14	7-8 p.m.	W \$120
27869	Int		9/13-11/15	9-10 a.m.	Th \$120
27862	AdvBeg		9/13-11/15	10-11 a.m.	Th \$120
27863	AdvBeg		9/13-11/15	6:30-7:30 p.m.	Th \$120
27870	Int		9/13-11/15	7:30-8:30 p.m.	Th \$120
27862	Beg		9/14-11/16	9-10 a.m.	F \$120
27865	AdvBeg		9/14-11/16	10-11 a.m.	F \$120
27871	Int		9/14-11/16	11 a.m.-noon	F \$120
27866	Beg		9/16-11/18	9-10 a.m.	Su \$120
27864	AdvBeg		9/16-11/18	10-11 a.m.	Su \$120

50 SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB

Billie Jean King				Pastorini	
27888	Beg	9/11-11/13	6-7 p.m.	Tu	\$120
Marina Vista				Pastorini	
27887	AdvBeg	9/13-11/15	9-10 a.m.	Th	\$120
27886	Int	9/13-11/15	10-11 a.m.	Th	\$120
Los Cerritos				Pastorini	
27885	AdvBeg	9/10-11/12	6-7 p.m.	M	\$120
Naples				Inouye	
27884	Int	9/15-11/17	10-11 a.m.	Sa	\$120
27883	Adv	9/15-11/17	11 a.m.- noon	Sa	\$120
27882	Beg	9/15-11/17	noon-1 p.m.	Sa	\$120
27881	AdvBeg	9/15-11/17	1-2 p.m.	Sa	\$120
27880	Beg	9/16-11/18	10-11 a.m.	Su	\$120
27879	AdvBeg	9/16-11/18	11 a.m.- noon	Su	\$120
27878	Int	9/16-11/18	noon-1 p.m.	Su	\$120
27877	Adv	9/16-11/18	1-2 p.m.	Su	\$120

SENIOR CLASS

Experience all the health benefits that tennis has to offer. Take up tennis as part of an overall exercise prescription. Get involved in a sport you can play at any age or skill level. Tennis is a great way to improve motor skills, balance and coordination, build strength, develop endurance, meet new people, and have fun doing it! For ages 60+. All levels welcome. Special Rate for Senior Citizens! Small Group: Min 6/Max 12. 10 Weeks

Billie Jean King				Stone	
27876	Beg	9/11-11/13	11 a.m.- noon.	Tu	\$100

CARDIO TENNIS

Cardio Tennis is a high energy fitness activity that combines tennis with cardiovascular exercise, delivering a full body, calorie burning aerobic workout. Designed as a social and fun class for players of all levels. 16 yrs & up Min 6/Max 12; 10 Weeks. NO CLASS WEDNESDAY, JULY 4th.

El Dorado West				Pros	
27875	All Levels	9/11-11/13	11a.m.- noon.	Tu	\$120
27874	All Levels	9/12-11/14	6-7 p.m.	W	\$120
27873	All Levels	9/16-11/18	8-9 a.m.	Su	\$120



**TRAIN HARDER
PLAY SMARTER**

SOUTHERN CALIFORNIA TENNIS ACADEMY

BEGINNERS WELCOME

El Dorado Park Tennis Center
2800 N. Studebaker Rd. LB 90815

For more information contact Mitch Bridge at
(562) 704-2241
info@sctennisacademy.com
www.sctennisacademy.com

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TENNIS ACADEMY

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info@valtertennis.com
www.valtertennis.com

SIGN UP FOR TENNIS CLASSES • SIGN UP ONLINE AT WWW.LBPARKS.ORG

Make checks payable to: **FIRST SERVE** • Mail immediately as classes fill up fast!

Send to: FIRST SERVE, 1040 PARK AVE., LONG BEACH, CA 90804 or fax your form to (562) 438-1249 or drop off at BJK or El Dorado Pro Shops. For more information, please call (562) 438-8509.

RESPONSIBLE PARTY

ADDRESS _____ CITY/ZIP _____

WORK PHONE _____ HOME PHONE _____

STUDENT NAME _____ BIRTHDATE _____

For valuable consideration, I for myself, my successors, heirs, assigns, spouse, executors, administrators & next of kin **covenant not to sue, release, waive & discharge** the City of Long Beach and First Serve, their officials, and employees ("City") from all liability, loss, damage, claims, demands, causes of action, costs & expenses including attorney's fees against City arising from my or my child(ren)'s participation in class & transportation connected with class; I **assume all risks** of personal injury & death including medical/hospital bills & damage to personal property arising from my or my child(ren)'s participation in class & transportation connected with class except if injury/death is caused by City/First Serve's gross negligence. I understand that City and First Serve provides no insurance for participants. **By signing below**, I acknowledge I've read this Release, understand that I give up certain rights and sign voluntarily.

SIGNATURE _____ DATE _____

CLASS# _____ FEE _____

CLASS NAME _____

CLASS# _____ FEE _____

CLASS NAME _____

METHOD OF PAYMENT (check one)

☐ Cash ☐ Check ☐ Money Order
☐ Visa ☐ Mastercard

TOTAL AMOUNT ENCLOSED: \$ _____

CREDIT CARD # _____ EXP DATE _____ CCV CODE _____

REMINDER - Refunds must be requested one working day prior to the first class. If minimum required enrollment is not met, classes may be canceled. There is a \$10 processing fee for each refund. **NO REFUNDS** will be given on or after the day the class is scheduled to begin. \$32 Service Charge on returned or canceled checks. Refunds are limited to 90 days after a class has begun and please allow 3-4 weeks for processing.

LONG BEACH PARKS, RECREATION AND MARINE INVESTING IN LIVEABILITY

**OPEN SPACE • WETLANDS • SPORTS FIELDS
PLAYGROUNDS • PARK ENHANCEMENTS**

Parks, Recreation and Marine invests in projects that improve Long Beach's liveability. In recent months, new open space and wetlands areas, sports fields, playgrounds and park enhancements have given residents more access to recreation and ways to stay healthy and connect with people. The Department has focused on four areas:

EXPLORE

Long Beach residents can explore in a wide variety of places that support walkability, bike-ability and environmentally sustainable landscapes throughout the city.

SCORE

In recent months Parks, Recreation and Marine has added new sports fields, walking paths, bike path connections and park space.

HONOR

Long Beach parks are places to honor those who have made a positive difference in the world.

Play

Open space, playgrounds, bike path links, skate parks and water play areas have been added or improved in recent months to enhance Long Beach's playability, bikeability and swimability.



EXPLORE



The Red Car Greenbelt opened in March 2018. The 3.66-acre site offers a ten-foot-wide decorative concrete pedestrian walking trail and drought-tolerant native landscaping on the former Pacific Electric Right-of-Way (PE ROW), between Park and Ximeno Avenues. Pathway lighting, trail boulders for seating, trash receptacles and doggie bag dispensers, wood textured concrete entry fencing and a water-efficient landscape design that exceeds the efficiency limits set by the state combine to offer passive natural surroundings, new routes for walkers and links to the bike path at Sixth Street.

The public celebrated the completion of the restoration of Willow Springs Park at 2755 Orange Avenue in October 2017. The 12-acre project within the 48-acre Willow Springs Park, features a walking loop that takes visitors through water capturing bioswales that flow to 43,000 square feet of restored seasonal wetlands, open space with native plants and trees, a constructed spring that mimics the original artesian spring that provided water to early Long Beach, a water retention basin that cleans and diverts water from the Los Angeles River to be reused on site, and an outdoor classroom for environmental education and the conversion of a dirt access road to a 2,400-foot pedestrian trail with public access via entry points at Orange and California Avenues.

The DeForest Wetlands Restoration Project, located at 6255 DeForest Avenue opened June 30, 2018. The project opens 34 acres of land for public use by converting large areas of overgrown vegetation with exotic species and other areas of completely denuded land devoid of habitat, into a river parkway with freshwater wetlands, wildlife habitat, recreational trails, native plants, and interpretive signage, while retaining flood control and management properties. Public use includes passive recreational activities, such as bird watching, walking, horseback riding, and educational tours and programs.

SCORE



Three new sports fields are artificial turf fields which reduce water use, increase playable hours per field, and have lower maintenance costs and longer life spans. The cork/sand material used in the fields is a renewable material that does not require regular irrigation, has good resiliency and heat dissipating properties.

The 4-acre Seaside Park Field opened on November 18, 2017, the 1.93-acre Admiral Kidd Park Field opened in March 2018 and includes landscaped areas with picnic tables and garbage containers, and upgraded drainage and fencing; and the Drake Chavez Greenbelt and Artificial Turf Field opened in January 2018. The greenbelt provides continuous green space between Anaheim Street and Chester Place along the river with links to the adjacent Los Angeles River Bike Path and connections to Drake and Loma Vista Parks. The project includes one formal artificial turf sports field, one informal natural turf field, passive park areas, a pedestrian walking trail and parking.

The 3.3-acre David Molina Park named for the late Dr. David Molina, an emergency room physician who grew a single clinic in Long Beach into a national health care company, will open later this year at 4951 Oregon Avenue. The park will feature a natural turf soccer field, a playground and a series of fitness stations along a walking path. The park will have energy efficient lighting to allow sports groups to play into the evening hours.

HONOR



The revitalized Veterans Valor Plaza at Houghton Park was dedicated on November 11, 2017 - Veterans Day. The Plaza honors those who served in the military from North Long Beach and throughout the city. North Long Beach residents prioritized the restoration of the Vietnam-era Huey helicopter that was installed at the park on Veterans Day 2000 to commemorate the 103 Long Beach residents who died during the Vietnam War. The addition of a digital marquee board and elimination of the surrounding fences invites the public in and makes it more friendly and easier to celebrate our veterans.

The Harvey Milk Promenade Park and Equality Plaza, at Third Street and The Promenade, honors the contributions of the City's LGBTQ+ community and pays homage to civil rights leader Harvey Milk who was the first openly gay man elected to public office in California. His story is reflected in the .20-acre park's amenities including community chess tables and a concrete replica of the soapbox on which Milk stood to inspire crowds when he spoke, and a 20-foot flagpole to fly the gay pride flag. The Department of Public Works recently improved the park to encourage collaboration and connectivity with new landscaping, an event stage, an improved honor wall honoring local LGBTQ+ leaders, a mural honoring Harvey Milk, charging stations and seating.

PLAY



Gumbiner Park provides park space in downtown Long Beach and has improved public safety by removing a dangerous intersection that was the cause of numerous collisions and injuries. The park is named after the late Dr. Robert Gumbiner, a doctor and philanthropist who founded the nearby Museum of Latin American Art and Pacific Island Ethnic Art Museum. The urban design team engaged the community to create a park with a performance area, playground, skate park, plaza and public art, shade, seating and a city Bikeshare site. The sustainable design features drought-tolerant landscaping, storm water infiltration system, and LED lighting.

New play equipment will be installed at Jenni Rivera Memorial Park at 2001 Walnut Avenue cross from the mural dedicated to the late Jenni Rivera. The project will be accessible from multiple neighborhood access points, including Orange and Walnut Avenues and 21st Street, East Wesley Drive, and East Smith Place.

At Martin Luther King Jr. Park, new play equipment will be installed with two new playground structures one for ages 2-5 and one for ages 5-12, a set of swings, rubberized safety surfacing, and site improvements.

The Long Beach voter-approved the Measure A sales tax is funding infrastructure enhancements including new playgrounds at Drake, Jackson, Los Cerritos, Veterans and Whaley Parks. These parks will have improved ADA features, rubberized safety surfacing, shade structures, bike racks, benches, trash cans and signage.

The Bayshore Beach area was upgraded including a rebuild of the Leeway Pier and repairs to the foundation and aesthetics of the Leeway Pier Center, enhancements to the Bayshore concessions stand, the installation of free, public lockers for beach-goers, a rebuild of the swim dock and pier, with the addition of water features to the swim dock such as water guns and a drinking fountain. A large aquatic playground near the swim dock, is providing swimmers with the opportunity to participate in various activities.



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